

SimLa Innovations

Project: **Fake Food (very high in fiber)**

Materials: Paper, cardboard, glue

Cost: \$1.00 - \$2.00

Time: One hour (per meal)

Details: Integrating nutrition (e.g. dietary tray tickets, food trays) into a scenario adds an element of realism and adds to critical thinking skills. Students can evaluate if the food is appropriate (grapefruit vs. cardiac meds), proper proportions (e.g. D.M. I scenario), or how much is consumed (e.g. one milk = 240 mL). If the patient is cued to remove some of the food, the nurse can record this amount on their I&O sheet. Manufactured, molded-plastic food is best, but paper-cut outs work well for tight budgets. Do an internet search of the types of food you desire to include, do a screen-shot, cut and paste into a document or PowerPoint (make the food ‘portion-sized’), print, glue on to cardboard, and trim. Re-purposed milk cartons, small cereal containers and condiment packets are also options. Another option (not as good, in my opinion) is toy food. Thrift stores often have wax fruit for the 3-D look. *Consider purchasing food trays and utensils at a big box store or thrift store.*

