

## Nutrition and Hydration Week activities at Lulworth House Residential Care Home



We all enjoyed a tasty timetable of events here at Lulworth House Residential Care Home for Nutrition and Hydration Week last week.

### Mocktail Monday

For Mocktail Monday we loaded a trolley with a selection of different **mocktails and mixes**. The most popular by far was the one we named 'Apple MINTini' which was made up of apple juice, lime and mint cordial and a mint leaf to garnish!

Second most popular was our *Virgin Mimosa* cocktail which we made using a recipe provided by Leni Wood our Nutrition and Wellness Manager.

### Tasting Tuesday

Tuesday at Lulworth saw us trying to **guess a variety of herbs** by smelling them through bags. Our residents then had to guess different fruits by touch.

Our ladies and gents all had a **good giggle** at some of the guesses – including Bob thinking the banana was a carrot! We had just



been talking about the ginger root, so we think his mind was in the garden, which he has always loved.

The most confusing fruit was the fresh fig, as a lot of us had only seen the dried ones around Christmas time!

## Wednesday's Global Tea Party

We threw a **Mad Hatter themed tea party** on Wednesday which was so much fun.

We had some **lovely décor for our tables** including some teapot vases which we used to arrange flowers for the occasion. Some of our residents helped colour some Alice in Wonderland themed pages to add to the décor too. We also had some pictures with quotes from the book and movie around the dining room to set the scene and bring back some memories.

**Katja, our Nourishment and Social Wellness Coordinator decorated an amazing tiered cake** for the party which included the Cheshire Cat, Mad Hatter's hat, playing cards, pocket watch and more.

The pocket watch and toadstools were Rice Krispie squares covered in icing, the 'drink me' bottle was pink water which had gold edible glitter in it which made it look extra magical and the flowers and leaves added a lovely whimsical feel to the finished cake!

There was so much cake that when our Chef cut the left overs, there were three boxes full! *Yum!*



## Thirsty Thursday

On Thirsty Thursday, we made a **beach-themed tea trolley!** We used table clothes to make sea waves and sand, then got some of our residents to choose the best-looking shells to add on to the trolley for the perfect finish!



We then had fun serving some **ice-cold lollies**, including some classic childhood favourites such as rocket lollies and twisters. *Perfect for keeping everyone well hydrated.*

## **Fruity Friday**

On Fruity Friday, we **chopped up a variety of fruit and used cookie cutters** to make some fancy shapes for our **fruit kebab skewers** (we might have thrown in some **marshmallows** for an extra sugar hit too!). Everyone enjoyed this as we got stuck in with chopping and making shapes. We had a wide variety of cookie cutters to use – we even made some mango Mickey Mouse ears!

Our ladies and gents enjoyed eating their colourful fruit kebabs after their lunch, during our **St Patrick's Day pub quiz** run by Kayleigh. *Perfect!*



## **Sundae Saturday**

For Sundae Saturday at Lulworth, we made some **very tasty and colourful sundaes** for everyone to indulge in!

We had **fresh fruit with ice-cream and whipped cream too**, with some **chocolate wafers** to add some crunch.

Everyone thought about their favourite flavours of ice-cream while we **reminisced about days at the beach** and buying ice-creams from the ice-cream van, discussing who liked sprinkles, sauces and our favourite combinations. *A classic 99 with a flake seemed to be most popular choice!*



































