

Nutrition and Hydration Week fun at Hengist Field Care Home



Last week we celebrated Nutrition and Hydration Week (13-19 March) with our Hengist Field Care Home residents, with some very tasty activities!

Mocktail Monday (13 March)

On Monday we made 'Monday Mocktails':

Shamrock Shake - vanilla ice cream, mint essence, milk and green food colouring.

Shirley Temple – grenadine and ginger beer.

Ginger Punch – orange juice, apple juice, ginger and lemonade.

What a fantastic afternoon, everyone loved tasting the different mocktails – and seemed to get the giggles, even though they had no alcohol in them! *We think everyone was drunk on love and laughter!*

Our **winning mocktail was definitely the Shamrock Shake**, followed by the Shirley Temple and in third place the Ginger Punch. So much fun!

Tasty Tuesday (14 March)

Tasty Tuesday involved '*all things aromatic, herby and spicy*', so we did some **tea tasting** together.

We had a lovely selection of teas for everyone to try; **Chai, Green Tea, Zingy Lemon and Ginger, Assam, Spiced Ginger, Camomile, Rose, Rosehip and Hibiscus** and more. Everyone commented on the aroma of the teas, the spiciness of the ginger and all the different flavours.

It was a brilliant afternoon with plenty of group conversation, discussions about the teas and always plenty of fun and banter. *Is it fruity or spicy for you?*

Afternoon Tea (15 March)

On day three of our Nutrition and Hydration Week, we hosted a **high end Afternoon Tea**. Our residents enjoyed making a selection of **sandwiches**, which were served with **scones** and **cupcakes**, which they loved eating in the afternoon together.

Our Recreation and Well-Being team wore frilly aprons and Victorian mop caps to serve everyone, which our lovely ladies and gentleman loved!

It was a wonderful day and everyone said they'd had a brilliant time.

Thirsty Thursday (16 March)

For 'Thirsty Thursday', we **made some ice lollies** including lemonade lollies, Pimm's and lemonade treats, yoghurt and fruit, strawberry lollies and flavoured juice lollies.

It was great fun **choosing the flavours and colours**, while we **reminisced** about favourite holiday destinations, favourite ice-creams (Cornish, Mr Whippy), lollies (oyster shell, fruit splits, cider lollies) and of course the good old ice-cream man in his van.

We made our lollies in the morning, put them in the freezer and then tasted them in the afternoon. *A nice lot to pick from on Thirsty Thursday!*

Fruity Friday (17 March)

We **made and tasted different flavoured smoothies on 'Fruity Friday'**. Our lovely residents chose from a selection of ingredients to make their smoothies – ice-cream, cream, different fruits and sauces, which went down a treat.

Everyone thoroughly enjoyed **making their own recipe smoothie** and sharing them with everyone to see what they thought. From cutting up their fruit, to adding as much ice-cream and cream as they liked, it was brilliant fun!

Our creative Chefs also made a watermelon swan, a melon frog and some little crabs made out of oranges – *they looked and tasted fabulous!*

Sundae Saturday (18 March)

Our last day of Nutrition and Hydration Week was 'Sundae Saturday' when **everyone made their own Knickerbocker Glory ice-cream sundae**. What fun we had with all the different flavoured ice-creams, whipped cream, sauces, sprinkles, fruit and wafers!

Everyone had a ball making their own delicious sundae – *and they didn't take long to disappear either!*

We've had such a great time **celebrating Nutrition and Hydration Nutrition** week with our different themed days. And what a

great one to finish on – *Sundae Saturday, yum yum yum!*











































