

Activity sheet for tasting fortified drinks

Activity: A taste comparison for a homemade fortified drink compared to a prescribed nutritional supplement

The aim of this activity is to compare the taste and nutrition of a homemade fortified drink compared to a prepared nutritional supplement.

Resources

Equipment:

- Two measuring jugs or shaker
- A tablespoon
- A whisk
- Small glasses for tasting



Fortified milkshake recipe:

- 200mls full cream milk
- 2 heaped tablespoons of skimmed milk powder
- Milkshake powder or syrup to taste

Nutritional supplement. Can you use a discontinued/ no longer required supplement, either:

- 1 sachet of a powdered nutritional supplement with 200mls milk
- Or 1 bottle of a readymade milkshake prescribed supplement

Method

- Prepare the fortified milkshake, whisking all the ingredients together.
- Prepare a nutritional supplement as recommended on the sachet. Try to use a similar flavour to the fortified milkshake
- Pour a small amount of the fortified milkshake and nutritional supplement into separate glasses
- Smell, observe and taste the fortified drink and compare with the nutritional supplement.

Reflections

1. Which drink did you prefer, in terms of the following (state why this was):
 - Taste, flavour and texture
 - Ease of preparation
2. Which of the drinks do you think your residents would prefer and why?
3. Do you think the homemade fortified drinks would be easy to implement into your care home and how would you achieve this?