

# Worksheet 12:

## Diane's story – additional information

Diane has two daughters whom she loved cooking for and with, and they always ate together at dinner time. They also ate out two or three times a week. Diane worked full time as a commercial lawyer.

Favourite food and drink: Mexican and Thai food, roast beef and Yorkshire pudding, sushi, Marmite, fruit of all kinds except bananas, chocolate fudge cake, black tea and coffee, red wine, cocktails, fruit juice and smoothies.

Least favourite: milk, 'hard food' e.g. pastry, raw vegetables, undercooked pasta, white chocolate, chocolate ice cream, sprouts.

Diane never had a set time for eating and drinking apart from dinner time with her children between 7pm and 9pm – usually whenever she got home from work.

Day begins – black coffee and fresh fruit and yoghurt.

Might have a sandwich or sushi for lunch.

Nibbles: fruit, nuts, cereal bars, Kit-Kat.

Diane is no longer able to engage in any food and drink related activities, although she tries to. Diane likes to watch food being prepared.

Diane needs a lot of verbal and physical prompting to eat and drink, and will tolerate staff feeding her.

Diane loved eating with her daughters, friends and colleagues – she was a very sociable person.