



Marilyn Magaram Center

Food Science • Nutrition • Dietetics



Nutrition
Experts

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Whole Body Whole Health

Sense Your Health: Touch

Nutrition
Experts

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Our Mission

To enhance and promote good health and well-being through research, education and services in food science, nutrition and dietetics





American Culinary Federation



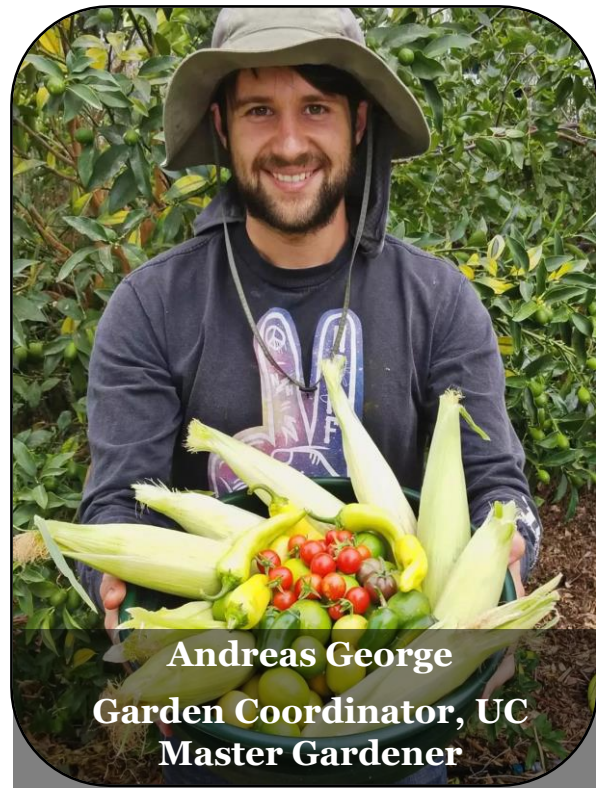
NEIGHBORHOOD PARTNERS IN ACTION



Working Within Our Community

- Schools to incorporate nutrition & lifestyle intervention techniques
- National and international collaborations
- Programs (50+) and research projects (20+) funded by federal, state, and private grants & donations
- Collaborating with (50+) various community partners reaching more than 70,000+ community participants

Presenters



Housekeeping

We welcome all your questions and comments.

Try to write them down and ask at the end.

We can only answer general nutrition questions. For specific medical nutrition therapy, we will refer you to your medical provider and Registered Dietitian Nutritionist (RDN).

Learning Objectives

Learn how our health is connected to our sense of touch.

The importance of physical activity for health.

How to get enough nutrition if dealing with physical barriers to eating.

Food is Physical



- Eating is a physical act that involves all the senses, especially touch.
 - Gripping, holding, chewing, swallowing
- Sense of touch plays an important role in how and what we eat.
 - And our overall health and nutrition!

How We Eat

- Finger foods
- Materials used
 - Wood
 - Metal
 - Plastic
 - Bamboo straws





Food Texture

- Crunchy
- Soft
- Mushy
- Smooth
- Crispy
- Liquid – thin, thick



Food Texture



Food Temperature

- Hot
- Cold
- Icy
- Boiling
- Lukewarm



Mouth Sores/Oral Mucositis



Difficulty Swallowing



Being active



- Touch is very important aspect of daily physical activity
 - Day to day life
 - Exercise
 - Primary way of interacting with the world
- Part of maintaining health
 - Mind and body stimulated by touch
 - Improve circulation
 - Reduces stress and emotional health
 - Overall wellbeing



Sense of Touch

- Our sense of touch is connected to our overall health, especially when it comes to nutrition
 - How we eat our foods
 - Textures
 - Temperatures
- Allow us to choose what and how much we eat
 - Most importantly: enjoy eating, develop healthy relationship with food, improve health and quality of life



Thank you!