**Older Adult Lab**

Pancakes

1 c. all-purpose flour

1 T sugar

2 tsp baking powder

¼ tsp salt

1 beaten egg

1 c. milk

2 T cooking oil

In a medium mixing bowl, stir together the flour, sugar, baking powder, and salt. Make a well in the center of the dry mixture; set aside.

In another medium mixing bowl combine the egg, milk, and cooking oil. Add egg mixture all at once to the dry mixture. Stir just till moistened (batter should be lumpy).

For standard-size pancakes, pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet. Cook over medium heat about 2 minutes on each side or till pancakes are golden brown, turning to second side when pancakes have bubbly surfaces and edges are slightly dry. Serve warm.

Lab Evaluation

1. What was the purpose of taping your fingers together?

2. Why ear plugs?

3. List 2 of problems an elderly person may experience.

1.

2.

4. List 3 reasons why an elderly person might have poor nutrition.

1.

2.

3.

5. What could an elderly person do to improve their nutrition?