

## **Nutrition and Hydration Week at Silverpoint Court Residential Care Home**



**To kick off Nutrition and Hydration Week at Silverpoint Court Residential Care Home, we screened a documentary highlighting '11 signs you're dehydrated and 6 quick ways to hydrate your body'.**

This was very informative and we discussed the symptoms of being dehydrated and how it can be avoided. We also spoke about the importance of **good nutrition**.

Throughout this week, our ladies and gents will enjoy **eating a range of delicious fresh fruits** including plums, raspberries, bananas, tangerines and oranges - full of fabulous vitamins and great for keeping hydrated too.

They have also been **drinking plenty of water with fruit**, ensuring they are well hydrated at all times.

