

**Assisted and independent senior living in China – how to handle food and eating.**

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**Abstract:** Yiheyuan is a Private Non-profit Organisation running Senior Houses, Nursing Home and Care Hospital. The residents are between 60- 99 years; most are from the middle class, former teachers, professors etc. Most of the residents living in the Senior Houses are able to manage Daily Living, they can prepare their own meals, but they can also have their meals in one of the canteens. The residents in Nursing Home need help to manage their needs, and they don't have Kitchen facilities in the room. Most of the residents or patients in the Care Hospital are bed-bound, and many of them need help with feeding. The residents are suffering from lifestyle diseases, besides that a lot of them have poor Dental Health. This requires a special diet. Like in Denmark old people prefer to eat the dishes, they were used to eat before moving in to a Nursing Home. And like in Denmark food is an element to provide Quality of life. Finally The Traditional view on food and Health are very important to keep in mind, when you prepare food!