

Masterclass Certificate in Baking for the Elderly

Adapting Recipes for Older Adults



```

mindmap
  root((Adapting Recipes for Older Adults))
    Physiology
      Aging Changes
      Nutrient Needs
    Nutrition
      Dietary Needs
      Food Safety
    Recipes
      Modification Tips
      Flavor Enhancement
    Baking
      Texture Modification
      Ingredient Substitution
  
```