

<b>Unit: L/616/7717 : Promote nutrition and hydration in care settings</b>	
<b>1. Understand what makes up a balanced diet</b>	
Assessment Criterion - The learner can:	
1.1	define the main food groups
1.2	identify sources of essential nutrients
1.3	explain the role of essential nutrients for health
1.4	evaluate the impact of poor diet on health and wellbeing
1.5	explain what adaptations to a balanced diet may be required for different groups
<b>2. Understand nutritional guidelines</b>	
2.1	summarise current national nutritional guidelines for a balanced diet
2.2	explain how to access additional support and information relating to nutrition and hydration
<b>3. Be able to promote nutrition in care settings</b>	
3.1	explain the importance of a balanced diet
3.2	demonstrate how to plan an appropriate balanced diet with an individual
3.3	demonstrate how to promote an appropriate balanced diet with an individual
3.4	evaluate the effectiveness of different ways of promoting healthy eating
<b>4. Be able to promote hydration in care settings</b>	
4.1	explain the importance of hydration
4.2	describe signs of dehydration
4.3	demonstrate ways to support and promote hydration with individuals
4.4	evaluate the effectiveness of different ways of supporting and promoting hydration
<b>5. Understand how to prevent malnutrition in care settings</b>	
5.1	describe the factors that may affect nutritional intake
5.2	describe the risk factors that may lead to malnutrition
5.3	describe the signs of malnutrition
5.4	explain ways of ensuring foods and drinks have increased nutritional density through fortification
5.5	describe the appropriate use of nutritional supplements
<b>6. Be able to carry out nutritional screening in care settings</b>	
6.1	describe the purpose of nutritional screening
6.2	carry out nutritional screening
6.3	implement the actions identified by nutritional screening
6.4	monitor, record and review the actions taken following nutritional screening
<b>7. Be able to monitor and record nutrition and hydration needs with individuals in care settings</b>	
7.1	describe the roles and responsibilities of others in assessing and managing the nutritional and hydration needs with individuals
7.2	explain ways in which nutrition and hydration can be monitored
7.3	monitor and record nutrition and hydration of an individual in accordance with their plan of care
<b>8. Understand factors that affect special dietary requirements in care settings</b>	
8.1	describe factors that may promote healthy eating in different groups
8.2	describe factors that may create barriers to healthy eating for different groups
8.3	explain why individuals may have special dietary requirements
8.4	explain why it is important for individuals with special dietary requirements to follow special diets