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| **Standard 8: Fluids and nutrition** | |
| **Outcome –**  **The learner is able to:** | **Assessment – The learner must:** |
| **8.1**  **Understand the principles** **of hydration,** **nutrition and food safety** | 8.1a Describe the importance of food safety, including hygiene, in the preparation and handling of food    8.1b Explain the importance of good nutrition and hydration in maintaining health and **wellbeing**    8.1c List signs and symptoms of poor nutrition and hydration    8.1d Explain how to promote adequate nutrition and hydration |
| **8.2 Support individuals to**  **have access to**  **fluids in**  **accordance with their plan of care** | 8.2a Ensure drinks are within reach of those that have restrictions on their movement/ mobility    8.2b Ensure that drinks are refreshed on a regular basis    8.2c Ensure that **individuals** are offered drinks in accordance with their plan of care    8.2d Support and encourage **individuals** to drink in accordance with their plan of care    8.2e Know how to **report** any concerns to the relevant person. This could include:     * Senior member of staff * Carer * Family member |
| **8.3 Support individuals to have access to food and**  **nutrition in**  **accordance with their plan of care** | 8.3a Ensure any nutritional products are within reach of those that have restrictions on their movement/ mobility    8.3b Ensure food is provided at the appropriate temperature and in accordance with the plan of care i.e. **the individual** is able to eat it    8.3c Ensure that appropriate utensils are available to enable **the individual** to meet their nutritional **needs** as independently as possible    8.3d Support and encourage **individuals** to eat in accordance with their plan of care    8.3e Know how to **report** any concerns to the relevant person. This could include:     * Senior member of staff * Carer * Family member |