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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
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|  **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
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