

Unit 40: Provide Information and Advice to Individuals on Eating to Maintain Optimum Nutritional Status

Level:	3
Unit type:	Optional
Credit value:	5
Guided learning hours:	38

Unit Aim

This unit is aimed at those who provide advice and information to individuals on how to maintain optimum nutritional status.

Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.
Evidence for skills within learning outcomes 3 and 4 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Know factors which can affect the nutritional status of individuals	1.1 Identify factors which can affect an individual's nutritional intake
	1.2 Describe the relationship between exercise and weight management
	1.3 Describe the relationship between different foods and their nutritional composition
	1.4 Outline basic anatomy and physiology in relation to maintaining optimum nutritional status
2 Know how to advise individuals on maintaining optimal nutritional status	2.1 Identify local and national services for an individual who needs information and support about changing their health behaviour
	2.2 Identify contact details of registered dietitians

Learning outcomes The learner will:	Assessment criteria The learner can:
	2.3 Identify when to seek advice from a qualified practitioner
	2.4 Outline the components of an ideal nutritional plan to meet the specific needs of an individual
	2.5 Outline the importance of gaining specific body measurements from an individual , to inform the type of support needed to obtain optimum nutritional status
3 Be able to obtain specific body measurements from individual	3.1 Prepare an environment which is suitable for confidential discussions and for taking body measurements
	3.2 Gain valid consent from the individual prior to taking body measurements
	3.3 Obtain background information from the individual
	3.4 Take an individual's body measurements
	3.5 Interpret results against standard measures in line with local policy and protocol
4 Be able to provide individuals with information and advice on eating to maintain optimum nutritional status	4.1 Explain the nutritional composition of different foods to the individual/carer
	4.2 Support an individual to assess their eating habits and set nutritional objectives
	4.3 Provide information to the individual /carer on how to maintain optimum nutritional status
	4.4 Update records in line with local policy and protocol
	4.5 Record any actions to be taken by the individual carer

Additional information about the unit

Exemplification of terms used in assessment criteria:

Individual refers to someone requiring care or support; it will usually mean the person or people supported by the learner.

Body measurements: Body measurements should include waist circumference, skinfold thickness, weight and height but may also include Body Mass Index (BMI), percentage weight loss, Bioelectrical impedance, Waist-hip ratio and calculation of nutritional requirements.

Valid consent: Consent (must be in line with agreed UK country definition) may include

- The individual must have the mental capacity to make the decision
- The individual must have sufficient non-bias information to make an informed choice
- The individual must not be pressured into making a decision and must give consent freely.

Background information: Background information may include: any medical, cultural, financial, or social information pertinent to managing the individual's body weight; blood health, eating habits, diet history.

Nutritional composition: Nutritional composition may include: fibre, salt content, sugar content, calories/ energy values, proteins, saturated and unsaturated fat content, carbohydrate vitamins and minerals, additives and preservatives, fluid.