
CU2636 Support Individuals to Eat and Drink

Aims

This unit is aimed at those working in a wide range of settings. It is for those who provide support for one or more individuals to eat and drink, where substantial support is needed.

Credit 2

Level 2

Learning outcomes	Assessment criteria
The learner will:	The learner can:
1. Be able to support individuals to make choices about food and drink	<ul style="list-style-type: none">1.1 Establish with an individual the food and drink they wish to consume1.2 Encourage the individual to select suitable options for food and drink1.3 Describe ways to resolve any difficulties or dilemmas about the choice of food and drink1.4 Describe how and when to seek additional guidance about an individual's choice of food and drink
2. Be able to prepare to provide support for eating and drinking	<ul style="list-style-type: none">2.1 Identify the level and type of support an individual requires when eating and drinking2.2 Demonstrate effective hand-washing and use of protective clothing when handling food and drink2.3 Support the individual to prepare to eat and drink, in a way that meets their personal needs and preferences2.4 Provide suitable utensils to assist the individual to eat and drink

<p>3. Be able to provide support for eating and drinking</p>	<p>3.1 Describe factors that help promote an individual's dignity, comfort and enjoyment while eating and drinking</p> <p>3.2 Support the individual to consume manageable amounts of food and drink at their own pace</p> <p>3.3 Provide encouragement to the individual to eat and drink</p> <p>3.4 Support the individual to clean themselves if food or drink is spilt</p> <p>3.5 Adapt support in response to an individual's feedback or observed reactions while eating and drinking</p>
<p>4. Be able to clear away after food and drink</p>	<p>4.1 Explain why it is important to be sure that an individual has chosen to finish eating and drinking before clearing away</p> <p>4.2 Confirm that the individual has finished eating and drinking</p> <p>4.3 Clear away used crockery and utensils in a way that promotes active participation.</p> <p>4.4 Support the individual to make themselves clean and tidy after eating or drinking</p>
<p>5. Be able to monitor eating and drinking and the support provided</p>	<p>5.1 Explain the importance of monitoring the food and drink an individual consumes and any difficulties they encounter</p> <p>5.2 Carry out and record agreed monitoring processes</p> <p>5.3 Report on the support provided for eating and drinking in accordance with agreed ways of working</p>

Assessment Requirements

This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles.

All learning outcomes must be assessed in a real work environment.

Additional Information

An **individual** is someone requiring care or support

Suitable options will take account of:

- Expressed wishes and preferences
- General nutrition principles
- Specific dietary requirements
- Religious, cultural and personal beliefs
- Resources available

Ways to **prepare** to eat and drink may include

- Choosing where to eat
- Choosing with whom to eat
- Protecting clothes from potential spills
- Taking up a comfortable position

Active participation is a way of working that recognises an individual's right to participate in the activities and relationships of everyday life as independently as possible; the individual is regarded as an active partner in their own care or support, rather than a passive recipient

Agreed ways of working will include policies and procedures where these exist

EVIDENCE MATRIX

Candidate name:

Registration number:

Qualification title:

Unit title:

Portfolio ref	Evidence description	Ass meth	Learning Outcome <input type="checkbox"/>										Learning Outcome <input type="checkbox"/>									
Assessment criteria (eg 1.1) →																						

The above evidence has been assessed against the standards for this element and has been judged for validity, authenticity, currency, reliability and sufficiency.

Learner signature:

Date:

Assessor signature:

Date:

Internal Verifier sig:

Date:

Assessment method key:

Obs = Observation Wt = Witness testimony

P = Product evidence A = APA/APL

Q = Questioning Ot = Other

Sim = Simulation/assignment