

Unit Title:	Support individuals to eat and drink
Unit sector reference:	HSC 2014
Level:	Two
Credit value:	2
Guided learning hours:	15
Unit accreditation number:	M/601/8054

Unit purpose and aim

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.

Learning Outcomes The learner will:	Assessment Criteria The learner can:	Exemplification
1 Be able to support individuals to make choices about food and drink	1.1 Establish with an individual the food and drink they wish to consume 1.2 Encourage the individual to select suitable options for food and drink 1.3 Describe ways to resolve any difficulties or dilemmas about the choice of food and drink 1.4 Describe how and when to seek additional guidance about an individual's choice of food and drink	An individual is someone requiring care or support Suitable options will take account of: <ul style="list-style-type: none"> • Expressed wishes and preferences • General nutrition principles • Specific dietary requirements • Religious, cultural and personal beliefs • Resources available
2 Be able to prepare to provide support for eating and drinking	2.1 Identify the level and type of support an individual requires when eating and drinking 2.2 Demonstrate effective hand-washing and use of protective clothing when handling food and drink 2.3 Support the individual to prepare to eat and drink, in a way that meets their personal needs and preferences 2.4 Provide suitable utensils to assist the individual to eat and drink	Ways to prepare to eat and drink may include <ul style="list-style-type: none"> • Choosing where to eat • Choosing with whom to eat • Protecting clothes from potential spills • Taking up a comfortable position

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

Assessment

This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment principles.

This unit is competence based. This means that it is linked to the candidate's ability to competently perform a range of tasks connected with their work. This unit may be assessed using any method, or combination of methods, which clearly demonstrates that the learning outcomes and assessment criteria have been met. This unit requires workplace assessment of occupational competence.

Assessment decisions for competence based learning outcomes (eg those beginning with 'Be able to') must be made in a real work environment by an occupationally competent assessor. Any knowledge evidence integral to these learning outcomes may be generated outside of the work environment but the final assessment decision must be within the real work environment.

Competence based assessment must include direct observation as the main source of evidence.

For this unit, all learning outcomes must be assessed in a real work environment.

Guidance on assessment and evidence requirements

OCR does not stipulate the mode of delivery for the teaching of the content of this unit. Centres are free to deliver this unit using any mode of delivery that meets the needs of their candidates. Centres should consider the candidates' complete learning experience when designing learning programmes.

National occupational standards (NOS) mapping/signposting

This unit has been developed by Skills for Care and Development in Partnership with Awarding Organisations. It is directly relevant to the needs of employers and relates to national occupational standards developed by Skills for Care and Development.

As such, the unit may provide evidence for the following national occupational standards in health and social care developed by Skills for Care and Development:

HSC 213
HSC 214

NOS can be viewed on the relevant Sector Skills Council's website or the Occupational standards directory at www.ukstandards.co.uk

Functional skills signposting

This section indicates where candidates may have an opportunity to develop their functional skills.

Functional Skills standards can be viewed at <http://www.qcda.gov.uk/15565.aspx>

Functional Skills Standards					
English		Mathematics		ICT	
Speaking and Listening	✓	Representing		Use ICT systems	✓
Reading	✓	Analysing		Find and select information	
Writing	✓	Interpreting		Develop, present and communicate information	

Additional information

For further information regarding administration for this qualification, please refer to the OCR document '*Administrative Guide for Vocational Qualifications*' (A850).

This unit is a shared unit. It is located within the subject/sector classification system 01.3 Health and Social Care.