

Title	Describe hydration, nutrition, and sleep in relation to physical well-being of primary industry workers		
Level	2	Credits	4

Purpose	People credited with this unit standard are able to describe: fluid loss when involved in primary industry physical work; hydration and types and volumes of fluids required to maintain adequate hydration for a primary industry workplace; the role of nutrition in maintaining the physical well-being of primary industry workers; and the importance of rest and sleep in maintaining the physical well-being of primary industry workers.
----------------	--

Classification	Primary Sector > Primary Sector Core Skills
-----------------------	---

Available grade	Achieved
------------------------	----------

Guidance Information

- 1 All evidence presented in this unit standard must be in accordance with:
 - Health and Safety at Work Act 2015.
- 2 Reference material is available from <https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep> and <https://farmstrong.co.nz/wellbeing-getting-started/>.

Outcomes and performance criteria

Outcome 1

Describe fluid loss when involved in primary industry physical work.

Performance criteria

- 1.1 Describe fluid loss in terms of variations within and between, seasons, and daily temperature.
- 1.2 Describe rates of fluid loss in terms of the variations in physical activity required to perform tasks in primary industry work.

Range may include but is not limited to – fruit harvesting, pruning, spraying agrichemicals, milking, fencing, vehicle operation, shearing; evidence is required for at least three.

Outcome 2

Describe hydration and types and volumes of fluids required to maintain adequate hydration for a primary industry workplace.

Performance criteria

2.1 Describe fluid types in terms of those suitable and unsuitable for hydration for a primary industry workplace.

Range includes but is not limited to – water, sports drinks, diluted fruit juices, energy drinks.

2.2 Describe dehydration in terms of the physical symptoms.

Range dry mouth, headache and/or light-headed, dry skin, dark urine, cramps.

2.3 Describe actions required to prevent dehydration and maintain optimal fluid levels when undertaking physical work.

Outcome 3

Describe the role of nutrition in maintaining the physical well-being of primary industry workers.

Performance criteria

3.1 Describe the importance of food groups in terms of maintaining physical well-being.

3.2 Describe two meal options for breakfast, lunch, dinner and snacks that will provide balanced nutrition for a worker in a primary industry workplace.

3.3 Describe timing of meals in relation to work performance.

3.4 Describe three positive effects of eating regular daily nutritious and balanced meals for a worker's work performance.

Outcome 4

Describe the importance of rest and sleep in maintaining the physical well-being of primary industry workers.

Performance criteria

4.1 Describe sleep times recommended by the National Sleep Foundation.

4.2 Describe regular rest and sleep in terms of its importance in maintaining endurance and fitness for individuals, for the job, and for daily living.

Planned review date	31 December 2023
----------------------------	------------------

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	25 June 2002	31 December 2020
Review	2	20 May 2008	31 December 2020
Review	3	28 February 2019	N/A

Consent and Moderation Requirements (CMR) reference	0232
--	------

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact the Primary Industry Training Organisation standards@primaryito.ac.nz if you wish to suggest changes to the content of this unit standard.