

<b>Title</b>	<b>Support a person to eat and drink in a health or wellbeing setting</b>		
<b>Level</b>	<b>2</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	<p>People credited with this unit standard are able, in a health or wellbeing setting, to:</p> <ul style="list-style-type: none"> <li>• identify instructions relating to eating and drinking for a person receiving support;</li> <li>• support a person to eat and drink; and</li> <li>• record and/or report the intake of food and fluids for a person receiving support.</li> </ul>
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<b>Classification</b>	Health, Disability, and Aged Support > Community Support Services
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 **Assessment conditions**  
Evidence for the practical components of this unit standard must be gathered in a health or wellbeing setting.
- 2 **Assessment notes**  
Evidence generated for assessment against this standard must be in accordance with organisational policies and procedures.
- 3 In the context of this unit standard, support should aim to maintain, improve, or restore a person's independence and/or interdependence by utilising the person's existing strengths and appropriate resources; but may include providing assistance to enable a person's health and wellbeing needs to be met.
- 4 **Definitions**  
*Aspiration* is the entry of secretions or foreign material into a person's trachea and lungs.  
*Health or wellbeing setting* includes but is not limited to: the aged care, acute care, community support, disability, mental health, rehabilitation, social services and youth development sectors.  
*Organisational policies and procedures* are the policies, procedures, and methodologies used in an organisation. They include legislative and regulatory requirements which may apply across an organisation, a specific site, or a workplace. Requirements are documented in organisational health and safety plans, contract work programmes, quality assurance programmes, policies, and procedural documents such as job descriptors and employment contracts.  
*Person* is the individual accessing services. Other terms used for the person may include client, consumer, customer, patient, individual, resident, or service user.

*Personal plan* is an individual or group plan developed for people receiving support. It may include their family and whanau.

*Social context* refers to the immediate physical and social setting in which people live. It includes the culture that the individual was educated or lives in, and the people and institutions with whom they interact.

## 5 Resources

Ministry of Health. (2020). *Current food and nutrition guidelines*.

<https://www.health.govt.nz/our-work/eating-and-activity-guidelines/current-food-and-nutrition-guidelines>

The Food and Nutrition Guidelines is a series of population-specific food and nutrition guidelines background papers. The populations are: infants and toddlers from birth to two years old, children and young people 2-18 years, pregnant and breastfeeding women, and older people.

Food and nutrition information related to these populations are also available at HealthEd. <http://www.healthed.govt.nz>.

## Outcomes and performance criteria

### Outcome 1

Identify instructions relating to eating and drinking for a person receiving support in a health or wellbeing setting.

#### Performance criteria

- 1.1 Instructions relating to the dietary requirements of a person receiving support are identified in accordance with their personal plan.

Range dietary requirements may include but are not limited to – cultural preferences, diabetic, fluids, gluten free, high calorie, high protein, lactose free, low fat, nutritional supplements, personal food choices, weight control, vegan, vegetarian.

- 1.2 Instructions relating to the personal preferences and preferred social contexts of a person receiving support are identified in accordance with their personal plan.

### Outcome 2

Support a person to eat and drink in a health or wellbeing setting.

Range evidence is required for supporting a person on three different occasions.

#### Performance criteria

- 2.1 The person is seated and positioned in a manner that promotes safe swallowing.

- 2.2 The person is supported to eat and drink in a manner that minimises the risk of aspiration.

- 2.3 The person is supported to eat and drink in accordance with their personal plan.

- 2.4 The person is supported to eat and drink in accordance with their personal preferences and preferred social context.

### Outcome 3

Record and/or report the intake of food and fluids for a person receiving support in a health or wellbeing setting.

Range recording and/or reporting may include but is not limited to – fluid balance chart, food chart, progress notes, verbal report.

### Performance criteria

- 3.1 The intake of food and fluids for a person receiving support is recorded and/or reported.

<b>Planned review date</b>	31 December 2026
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### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	21 January 2011	31 December 2016
Review	2	19 March 2015	31 December 2023
Rollover and Revision	3	26 September 2019	31 December 2023
Review	4	24 March 2022	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0024
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

### Comments on this unit standard

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council [qualifications@toitutewaiora.nz](mailto:qualifications@toitutewaiora.nz) if you wish to suggest changes to the content of this unit standard.