

# Open Awards Qualification Unit



This unit forms part of a regulated qualification. Click [here](#) to view qualifications.

## 1 Unit Details

|                        |   |
|------------------------|---|
| Unit Title:            | Providing Personal Care to Support Individuals to Eat and Drink |
| Unit Reference Number: | A/615/9211  |
| Level:                 | Level 2   |
| Credit Value:          | 3   |
| Minimum GLH:           | 24  |

## 2 Learning Outcomes and Criteria

| Learning Outcome (The Learner will):   | Assessment Criterion (The Learner can):  |
|--|--|
| 1. Know about the social and cultural purposes/norms of eating and drinking        | 1.1 Explain how eating and drinking serves a social purpose  |
|  | 1.2 Explain why care workers need to know about the cultural norms of eating and drinking                              |
| 2. Know the importance of assessing the individual's needs for eating and drinking | 2.1 Discuss areas for consideration when assessing the individual's eating/drinking needs                              |
|  | 2.2 Explain why it is important for individuals to be as self-managing as possible                                     |
|  | 2.3 Discuss why reluctance to eat and drink should be reported   |
| 3. Understand the importance of enabling informed choice in eating and drinking    | 3.1 Explain the importance of choice in eating and drinking to individuals   |
|  | 3.2 Discuss what choice may be offered   |
|  | 3.3 Explain how personal beliefs and preferences can influence choice in eating and drinking                           |
| 4. Understand the importance of supporting individuals with eating and drinking    | 4.1 Describe the different types of help that might be offered to individuals to support them with eating and drinking |
|  | 4.2 Explain how support can affect meal times  |

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|   | 4.3 | List the different types of equipment that might help an individual                                    |
|   | 4.4 | Describe what eating and drinking difficulties should be reported and recorded                         |
| 5. Know how the environment affects eating and drinking                                       | 5.1 | Describe how body position needs to be considered when eating and drinking                             |
|   | 5.2 | Describe why the environment is important when eating and drinking                                     |
| 6. Understand the importance of personal hygiene and dignity needs during eating and drinking | 6.1 | Describe why an individual's personal hygiene and dignity needs considering during eating and drinking |
|   | 6.2 | Explain how these needs may be met   |
|   | 6.3 | Explain what other hygiene measures need to be taken into account when preparing and serving food      |