




National Diploma Health & Social Care Unit 19 Learning Aim B	Road Map			
Nutritional Health The aims are as follows: LG1: Knowledge LG2: Application LG3: Skills	Assessment Grades			
	Topic B: Examine factors affecting dietary intake and nutritional health			
	Nutritional Health			
Themes	Learning Goals/Outcomes/Content			
1. Dietary needs of individuals B1	<p>Dietary needs of different service users including:</p> <ul style="list-style-type: none"> • Children e.g. protein for growth, minimising sugar and additives • Young people e.g. carbohydrate for energy needs • Young people e.g. carbohydrate for energy needs • Adults e.g. monitoring calorie intake to minimise obesity • Older people e.g. calcium to help osteoporosis • Pregnant women e.g. iron to prevent anaemia • Breastfeeding mothers e.g. limiting alcohol intake <p>LG1: Identify the groups who have different nutritional and dietary needs. LG2: To explain the nutritional and dietary needs of a range of groups. LG2: To understand why needs for different amounts of energy and nutrients change through life. LG2: To describe the energy and nutrient requirements of different life stages to maintain health.</p>			
2. Factors affecting nutritional health B2	<p>Dietary habits, including meal patterns, snacking, personal preference e.g. vegetarian</p> <p>LG1: Identify different factors affecting people's nutritional health. LG1: To explain dietary habits of individuals and how the factors can impact on nutritional health. LG2: To apply knowledge to case study.</p> <p>Lifestyle, including social eating and drinking, exercise/activity levels</p> <p>LG1: Know the long term risks and effects with alcohol. LG1: Know the lifestyle factors – social eating and drinking and exercise/activity levels.</p> <p>Socioeconomic, including cost of food, access to shopping facilities</p> <p>LG1: Know the socio-economic factors affecting nutritional health. LG2: Compare the price and nutritional value of three similar products.</p>			

	<p>Cultural, including religious and cultural beliefs, role of food in families and communities</p> <p>LG1: To know how culture affects an individual's nutritional health. LG1: To know how education affects an individual's nutritional health.</p> <p>Education, including public health, food hygiene, marketing and labelling, role of health professionals</p> <p>LG1: Identify health professionals that can support positive nutritional health. LG2: To research and explain the role of health professionals with regards to nutritional health.</p> <p>Relevant legislation including current policies and government guidance e.g. public health</p> <p>LG1: To know legislation and government policies on nutritional health.</p>			
<p>3. Factors affecting dietary intake B3</p>	<p>Specific conditions including diabetes, coronary heart disease</p> <p>LG1: Know the effects of diabetes on nutritional health. LG1: Know the effects of coronary heart disease on nutritional health.</p> <p>Food allergies and intolerances including coeliac disease, lactose intolerance</p> <p>LG1: To know the difference between an allergy and intolerance LG1: To understand what coeliac disease is. LG2: To apply understanding of coeliac disease and create a suitable menu for an individual with the disease. LG1: To understand what lactose intolerance is.</p> <p>Alternative methods of feeding, including nasogastric tubes (NGT), percutaneous endoscopic gastrostomy (PEG) tubes, intravenous infusion (IV), total parental nutrition (TPN) and thickened fluids.</p> <p>LG1: To identify conditions that may affect people's ability to feed independently. LG1: To identify individuals who may be unable to feed themselves independently. LG2: To explore the alternative methods used to support individuals eating.</p>			
<p>Links: Unit 2: Working in Health and Social Care Unit 4: Enquiries into Current Research in Health and Social Care Unit 5: Meeting Individual Care and Support Needs.</p>				