




National Diploma Health & Social Care Unit 19 Learning Aim C	Road Map			
Nutritional Health The aims are as follows: LG1: Knowledge LG2: Application LG3: Skills	Assessment Grades			
	Topic C: Plan nutrition to improve individuals' nutritional health			
	Nutritional Health			
Themes	Learning Goals/Outcomes/Content			
1. Assessment of nutrient intake C1	<p>How to record food intake, including meals, snacks, drinks and portion sizes.</p> <p>Maintaining nutritional needs, including nutritional assessment score, fluid balance and food charts.</p> <p>Sources of nutritional information, including food analysis tables, charts relating to portion sizes, information on food packaging.</p> <p>Quantitative analysis, including energy, protein, fat, iron, vitamin C, fibre intakes, proportion of energy from fat.</p> <p>Assessment of analysis, including comparison with recommended intakes (Reference Nutrient Intake or RNI) and general health targets.</p> <p>LG1: To be able to explain the importance of food diaries. LG3: To prepare food record sheets for both case studies. LG3: To record the 7-day nutritional intake for both individuals. LG1: To know and understand the 'MUST' tool. LG2: To calculate a MUST score. LG1: To identify and explain the importance of fluid balance chart. LG2: To create own fluid balance chart. LG1: To identify sources of nutritional information. LG2: To undertake an assessment of analysis.</p>			
2. Nutritional health improvement plan	<p>Recommendations for meals, snacks, drinks, portion size, cooking methods</p> <p>Recommendations for activity level, daily exercise and energy expenditure</p> <p>Recommendations relating to lifestyle and personal food preference e.g. cultural, socio-economic</p> <p>How the plan will be monitored</p> <p>LG2: To create two monthly nutritional plans. LG2: To research specific meals that meet the nutritional requirements of your selected individuals. LG2: To make recommendations to improve the nutritional health of your selected individuals. LG2: To make lifestyle recommendations to improve the health and wellbeing of your selected individuals.</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.				