



Level 2 Health and Social Care: Core (Adults)

**Unit 003 Health and well-being (adults) – Nutrition and Hydration**

Supporting Materials

Assessor Notes/Learner Handout:

## Diets of Adults and Older People in the UK

Level 2 Health and Social Care: Core (Adults) Unit 003

AC 8.4

**Think about the people you work with or know in your own life. What sorts of foods and drinks do they consume?**

There are concerns that the typical diets of adults in the UK can contribute to health problems. The most common concerns for adults are:

- An increasing number of people who are overweight.
- Adults eating too few fruits and vegetables and not enough fibre.
- High intakes of sugar and soft drinks that can cause damage to teeth and lead to unhealthy weight gain.
- Lower than recommended intakes of fish, including oily fish.
- Higher than recommended intakes of salt and processed foods.
- Anaemia due to too little iron and low intakes of other important nutrients. Women of child bearing age in particular have low intakes of important nutrients needed for a healthy pregnancy.
- Those on lower incomes may be more at risk of having a poorer quality diet and are more likely to be overweight or obese.
- Older people, particularly those living in care settings, are at greater risk of being underweight and malnourished.

Carers and healthcare professionals can play a vital role in supporting people to eat well. This can be through providing, encouraging and promoting healthier choices and the provision of food and drink that meets people's individual needs and preferences. Providing people who experience care with the opportunity to develop food skills can prepare them for independent living in the future.

## Welsh Government National Survey for Wales

The National Survey for Wales aims to gather information about lifestyle behaviours of people in Wales. The information is reported annually: <https://gov.wales/adult-lifestyle-national-survey-wales-april-2018-march-2019>.

Some key findings for 2018-2019:

- 59% of the adult population are overweight or obese, including 23% who are obese.



- 24% ate 5 or more portions of fruit or vegetables the previous day.
- 53% were active for 150 minutes or more the previous week.
- 10% followed fewer than 2 healthy behaviours.

## The National Diet and Nutrition Survey

The National Diet and Nutrition Survey (NDNS) suggests that the UK population continues to consume too much sugars and saturated fat, and not enough fruit, vegetables, oily fish and fibre. Intakes of sugars and fibre did not meet the recommendations and this was seen for all age groups. There has been a slight decrease in sugar intakes and consumption of sugary drinks; however, there is still much that could be improved in the UK diet according to these figures. The report indicates that those on lower incomes may be more at risk of having a poorer quality diet.

## Healthy weight

Maintaining a healthy weight is important, particularly as people get older. Recent surveys show that across Wales we have large numbers of people over the age of 65 who are overweight or obese (see Table 1). People who are overweight are at greater risk of a whole range of diseases and poor quality of life. Being overweight increases the risk of disease such as high blood pressure and heart disease, type 2 diabetes, joint problems and arthritis, cancer and breathing problems.

*Table 1. Number of people over 65 who are classed as overweight or obese*

National Survey for Wales June 2019	65-74 years	Over 75 years
<b>Overweight and obesity</b>	64%	51%
<b>Obese</b>	25%	13%

However, it is important to remember that some older people have a greater risk of becoming under-nourished. They need to eat good food whatever their weight, and overweight people can be under-nourished if they are not getting enough nutrients. The percentage of older people in care homes who are classed as overweight or obese is likely to be much less than the average population.

## Malnutrition

In the UK, the prevalence of under nutrition is estimated to be between 16 and 29% within the care home setting and on hospital admission between 15 and 40%. A national survey found that almost 1 in 3 care home residents and people over 65 in hospital were malnourished.

Prevalence is often greater in nursing homes as people may have had a longer period of ill health and conditions that impact on food and drink intakes. However, many older people may have difficulties with eating and drinking,

and assessment of their diet and food and drink intake is very important. Maintaining a good diet and keeping active can help prevent potential health problems and play a key part in living and ageing well.

## Oral Health

Good oral health is important for general health and nutrition, well-being and quality of life. Diets which are high in sugar can lead to dental decay. Healthy teeth and gums allow people to chew and digest food properly and maintain a balanced diet throughout life. Having poor oral health, tooth decay, gum disease or ill-fitting dentures can impact on food intakes and enjoyment of food. If a person doesn't have healthy teeth, it can be difficult for them to enjoy foods that need to be chewed, such as meat and fruit and vegetables.

**Everlasting smiles** is an all Wales programme to help care settings to provide consistent high quality oral hygiene and mouth care for their residents. Community dental teams in all health boards in Wales will be able to provide further information about the training available.

## Dietary Fibre

Fibre is important for a healthy heart and digestion and preventing constipation (alongside adequate fluids and keeping active). Good sources of fibre include fruits and vegetables, oats, pulses, brown rice, wholemeal pasta, wholemeal and multigrain breads, the skins on potatoes and high fibre low salt/sugar breakfast cereals. It is useful to encourage most people to have more fibre in their diet, as most people eat too little. It is best to increase fibre intakes gradually to start with and always make sure that, at the same time, the person increases the amount of fluid they have. Start by increasing the amount of fruit and vegetables in the diet and then add extra cereal fibre.

As high-fibre foods are more filling it's important to make sure that people with very small appetites are still getting enough calories and nutrients. More information can be found in the Food and Nutrition in Care Settings for Older People: Best Practice Guidance.

## Fruit and vegetable consumption

The National Survey for Wales 2018-2019 shows that adults are not eating the recommended 5 portions of fruit and vegetables a day. The proportions of adults eating the recommended five or more portions of fruit and vegetables a day was lowest in adults aged 75 & over. There was little change in fruit and vegetable consumption between 2016-17 and 2018-19. The percentage of adults eating at least five portions of fruit and vegetables the previous day increased as deprivation decreased.

## Vitamins and minerals

The National Diet and Nutrition Survey (2015/2016) showed that adults' diets in the UK can be lacking in important vitamins and minerals. 27% of women aged 19-74 years were not getting enough iron, with 5% of women having low iron stores. A lack of dietary iron can lead to iron deficiency anaemia with symptoms such as fatigue, looking pale, poor appetite and difficulty concentrating.

7% of adults aged 19-64 years were found to have low blood folate levels and over 90% of women of childbearing age had blood folate level that put them at greater risk of neural tube defects.

Low levels of vitamin D in the blood were found amongst all the age groups in the survey. Vitamin D is important for healthy bones, teeth and muscles. The UK Department of Health and Welsh Government currently recommend that since it's difficult for people to get enough vitamin D from food alone, everyone (including pregnant and breastfeeding women) should consider taking a daily supplement containing 10 micrograms of vitamin D during the autumn and winter months. People who aren't often outdoors – for example people who are frail or housebound, in a care home or usually wear clothes that cover up most of their skin outdoors – should consider taking a daily supplement containing 10 micrograms of vitamin D throughout the year. See <http://www.nhs.uk> and <http://www.healthystart.nhs.uk>.

## Sources of Information

Public Health England (2018). National Diet and Nutrition Survey <https://www.gov.uk/government/collections/national-diet-and-nutrition-survey>

StatsWales (2019). National Survey for Wales <https://statswales.gov.wales/Catalogue/National-Survey-for-Wales>

Nutrition Screening Survey in the UK (BAPEN,2008) Hospitals, Care Homes and Mental Health Units [https://www.bapen.org.uk/pdfs/nsw/nsw\\_report2008-09.pdf](https://www.bapen.org.uk/pdfs/nsw/nsw_report2008-09.pdf)

Assessor Notes/Learner Handout:

## The Eatwell Guide

Level 2 Health and Social Care: Core (Adults) Unit 003 Health and well-being (adults)

AC 8.2

## Eating Well

Most people can improve their health by achieving long-term changes in the balance of foods that they eat. These practical tips can help people to make healthier food choices.

### 8 tips for eating well:

1. Base your meals on starchy foods
2. Eat lots of fruit and vegetables
3. Eat more fish – including a portion of oily fish each week
4. Cut down on saturated fat and sugar
5. Try to eat less salt - no more than 6g a day for adults
6. Get active and try to be a healthy weight
7. Don't get thirsty
8. Don't skip breakfast.

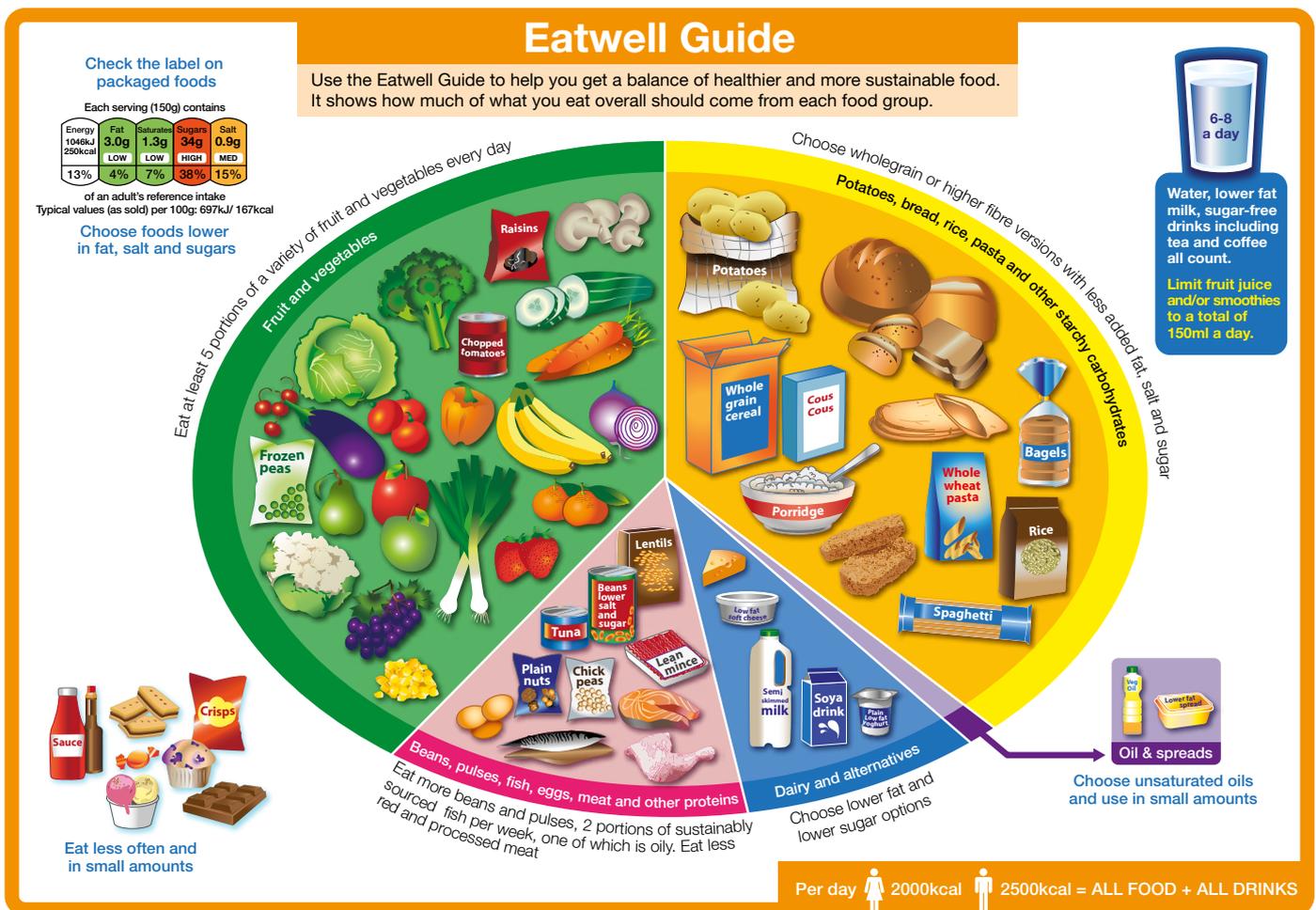
### The Eatwell Guide: Government Recommendations for a Balanced Diet

The basic principles of healthy eating are summarised in the Eatwell Guide. This translates the government's nutrient-based dietary recommendations for healthy eating into food-based guidelines.

The Eatwell Guide is a pictorial guide showing the proportion and types of food that are needed to make up a healthy balanced diet. Organisations and individuals are encouraged to use the Eatwell Guide model in order to achieve consistency of dietary messages for consumers and encourage behaviour change.

The Eatwell Guide is suitable for most people including people of all ethnic origins and people who are of a healthy weight or overweight. It is also suitable for vegetarians. However, it does not apply to children under the age of two because they have different nutritional needs. From the ages of two to five, children should gradually move to eating foods in the proportions shown on the Eatwell Guide.

The guide may not be appropriate for those who are nutritionally at risk, e.g. frail older people or people who are ill, or those following a specific therapeutic diet as they may have more specific dietary requirements. Older people may be at greater risk of malnutrition.



The guide shows that people do not have to give up the foods they enjoy and that all foods can be part of a healthy diet. It is about achieving the right balance and variety of foods that is important for health. It aims to reduce the confusion about what a healthy diet is.

The guide is divided into five food groups: Fruit and vegetables; Potatoes, bread, rice, pasta and other starchy carbohydrates; Beans, pulses, fish, eggs, meat and other proteins; Dairy and alternatives; Oils and spreads. Foods from the largest groups should be eaten most often and foods from the smallest group should be eaten less often.

### Why is balance important?

No single food contains all the essential nutrients the body needs to be healthy and to function efficiently. The nutritional value of a person's diet depends on the overall mixture or balance of foods that is eaten over a period of time, as well as on the needs of the individual. That is why a balanced diet is one that is likely to include a large variety of foods, so adequate intakes of all the nutrients are achieved.

We need energy to live, but the balance between carbohydrate, fat and protein must be right for us to remain healthy. Too little protein can interfere with growth and other body functions, too much fat can lead to obesity and heart disease. Adequate intake of vitamins and minerals and dietary fibre is important for health, and there is growing evidence that a number of bioactive plant substances (also termed phytochemicals) found in fruit and vegetables are also important in promoting good health.

## Further information about the food groups of the Eatwell Guide

### Fruit and vegetables

Most people know that we should be eating more fruit and vegetables. But most of us are not eating enough. Did you know that we should be eating at least five portions of fruit and vegetables a day? You can choose from fresh, frozen, tinned, dried or juiced. But remember potatoes don't count because they're a starchy food.

Fruit and vegetables should make up over a third of the food you eat each day. And it is also important to eat a variety. Fruit and vegetables are good sources of **many vitamins and minerals and fibre**. There is mounting evidence that people who eat lots of fruit and vegetables are less likely to develop chronic diseases like coronary heart disease and some cancers. Fruit and vegetables are also low in fat and when eaten in place of high energy foods can help with weight control.

### Potatoes, bread, rice, pasta and other starchy carbohydrates

These foods should make up just over a third of the food we eat. These foods give us **carbohydrates** (starch), **fibre**, some **calcium** and **iron** and **B vitamins**. Try to eat a variety. This group includes bread, breakfast cereals, chapattis, oats, rice, pasta, noodles, potatoes, yams, plantains, dishes made from maize, millet and cornmeal. Choose wholegrain, wholemeal, brown or 'high fibre' varieties wherever possible. People often think that starchy foods are more likely to make us gain weight than any other food. Ultimately it is an excess of calories that makes us gain weight. Often it is the fat we add to starchy foods that adds calories. For example, it's the margarine or butter we spread on bread, the cream or cheese sauce we add to pasta, or the oil we use for frying. So, try cutting down on fats.

### Beans, pulses, fish, eggs, meat and other proteins

For most people a healthy diet means eating only moderate amounts of meat, fish and the alternatives such as pulses, eggs, nuts, beans, soya products such as tofu, tempeh, textured soya protein, and choosing lower fat versions whenever possible. This group of foods gives us **iron** (for healthy blood), **protein**, **B vitamins**, especially **vitamin B12**, **zinc** and **magnesium**. Processed meat such as bacon and salami, and meat products such as sausages, beef burgers and paté are all relatively high in fat and are not recommended for health, so try to keep them to a minimum. People who eat more than 90g of red or processed meat per day should try to cut down to no more than 70g per day. Beans such as canned baked beans and pulses are a good low fat source of protein and high in fibre.

Aim to eat at least two portions of fish a week. These can be fresh, frozen or canned and include fish fingers and fish cakes. Each week one of these portions should be oily fish such as sardines, salmon, mackerel, herring or trout as they are rich in **omega-3 fatty acids** and a good source of **vitamin A** and **D**. Fresh or canned tuna does not count as a portion of oily fish but is still a good source of protein and some vitamins.

## Dairy and alternatives

This group includes milk, cheese, yoghurt, fromage frais and other dairy foods in moderate amounts. Remember to choose lower fat varieties whenever you can. If you use soya or other plant based alternatives such as rice or oat milk substitutes, ensure you choose calcium enriched varieties when possible. These foods supply **calcium** (for strong bones), **protein, vitamin B12** and **vitamins A & D**.

This group doesn't include butter, eggs and cream.

## Oils and spreads

A small amount of fat in the diet is essential for health. This group includes unsaturated fats such as olive oil, rapeseed oil and their spreads. It is important to get more of our fats from unsaturated oils/spreads as they help reduce cholesterol in the blood. Fats have twice as many calories weight for weight as protein and carbohydrates so should be used in small amounts.

## Fluid

General recommendations are for 6-8 glasses per day to meet your minimum fluid requirements. This can be from water, lower fat milk, sugar free drinks, tea and coffee. Be aware of the calorie content of some drinks such as fizzy and isotonic drinks. Limit fruit juice and/or smoothies to a combined total of 150ml/day.

## Foods high in fat, salt and sugar

The foods in this group are not needed in the diet and so, if included, should only be done infrequently and in small amounts. Some fats are easy to spot, like cream, fat on meat, butter and margarine. Other fats are hidden in cakes, chocolate, crisps, pastry, mayonnaise, salad dressings, puddings, ice cream and rich sauces and gravies.

Sugar contains only calories and has no other nutrients. You can get all the energy you need from other foods, so you don't need sugar. Too much sugar causes tooth decay and may contribute to a general excess energy intake which in turn leads to obesity. Sugary foods include soft drinks, sweets, jam and sugar, as well as foods such as cakes, puddings, biscuits, pastries and ice cream. Read food labels and watch out for sucrose, dextrose, fructose and maltose on the ingredients list of packaged food, as they are all forms of sugar, as are honey, syrup, raw sugar, brown sugar, cane sugar, muscovado and concentrated fruit juice.

Most of the salt we eat is already in everyday foods such as bread, breakfast cereal, pasta sauce and soup. Check the label and choose foods that are lower in salt.

## Extra vitamins

It is recommended that adults (including pregnant and breastfeeding women) should consider taking a daily supplement containing 10 micrograms of vitamin D during the autumn and winter months. Between late March/early April to the end of September most people can get all the vitamin D they need through sunlight on their skin and from a balanced diet.

Some people won't get enough vitamin D from sunlight because they have very little or no sunshine exposure. Welsh Government recommends that people should take a daily supplement containing 10 micrograms of vitamin D throughout the year if they:

- aren't often outdoors – for example, if they are frail or housebound
- are in an institution like a care home
- usually wear clothes that cover up most of their skin when outdoors.

People with dark skin from African, African-Caribbean and south Asian backgrounds may also not get enough vitamin D from sunlight and should consider taking a vitamin D supplement all year around. Further information can be found at <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>.

## Guidance on using the Eatwell Guide

Information on healthy eating is available from the NHS Choices website in England at <http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>.

You can also access Change4life at <https://www.nhs.uk/change4life/>.

Copies of Eatwell Guide leaflets (English and Welsh language) are available from Cardiff Health Promotion library free of charge at [hplibrary@wales.nhs.uk](mailto:hplibrary@wales.nhs.uk) or by phoning 0845 606 4050.

Assessor Notes/Learner Handout:

**Dietary Sources of Essential Nutrients.**Level 2 Health and Social Care: Core (Adults)  
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AC 8.2

It is important individuals are offered a **balanced diet with a variety of foods from the different food groups**. This will help them to get all the nutrients they need for health and well-being. Some important nutrients are as follows:

Nutrient	Examples of foods this nutrient is found in	Importance for health and well-being
Calcium	Cow's milk and milk alternatives fortified* with calcium, cheese, yogurt, egg, pilchards and sardines, tofu, white bread, oranges, beans and pulses, spinach.	Important for healthy bones and teeth.
Zinc	Lean meat, sardines, tuna, pilchards, cheese, eggs, milk, chicken and turkey, beans and lentils, tofu, wholemeal bread, ground nuts/nut butters, wholegrain breakfast cereals, plain popcorn.	Needed to make new cells in the body, for the immune system and for wound healing. The body needs zinc to help use the carbohydrate, fat and protein in food.
Iron	Meat (e.g. beef, lamb), oily fish, green vegetables, fortified* breakfast cereals, beans and pulses, bread, dried fruit such as raisins and dried apricots, eggs, tofu.	Needed to make red blood cells that carry oxygen around the body.
Vitamin C	Fruits, fruit juices, vegetables, potatoes. Particularly good sources are blackcurrants, oranges, strawberries, tinned guava, spring greens and green and red peppers.	Helps to maintain healthy skin, blood vessels and bones. Important for wound healing and protecting cells in the body from damage.
Vitamin A	Carrots, sweet potatoes, spinach, red peppers, cantaloupe melon, broccoli, liver, cabbage, mango, dried apricots, cheese, broad beans, full-fat milk, salmon, herring, eggs.	Important for a healthy immune system and healthy skin and vision.
Iodine	Cheese, milk, fromage frais and yogurt, eggs, fish, shellfish, seaweed.	Needed to make hormones in the body (thyroid hormones) which regulate the way we use energy in the body.
Omega-3 fats	Oily fish, e.g. salmon, kippers, herring, trout, pilchards, sardines and sprats. Vegetarian sources include green leafy vegetables, soya and soya products (e.g. tofu) and oils such as rapeseed, walnut and linseed. Some foods are fortified* with omega-3 fats and can be useful sources, e.g. eggs.	Important for heart health. There is some evidence that omega-3s can help with memory and depression but more studies are needed to be sure of this.

Vitamin D	Most of our vitamin D is made through the action of summer sunlight on the skin rather than food. There are some dietary sources which include herring, pilchards, sardines, salmon, eggs, vegetable fat spreads, breakfast cereals and malted milk drinks fortified* with vitamin D.	Important for healthy muscles, bones and teeth. Older people make vitamin D less efficiently and may go outside rarely, and many older people may benefit from a vitamin D supplement.
Fibre	Fruits, vegetables, oats, beans, pulses, wholemeal and multigrain breads, wholegrain cereals, brown rice and pasta, potato skins.	Important for heart health and healthy bowels (alongside adequate fluids).

*\*Fortified means that a nutrient has been added to a food during the manufacturing process – the nutrient may or may not have been present in the original product.*

Assessor Notes/Learner Handout:

## The Importance of Hydration

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003 Health and well-being (adults)

AC 8.2

## Keeping hydrated

Whilst not a food, fluid is essential for health

Individuals who are not drinking enough fluids are at risk of repeated infections, confusion or falling over. Dehydration is the loss of water from the body and this can seriously affect the body if fluids are not replaced. The body needs water so that it can go on working normally every day.

Signs of dehydration:

- thirst and/or dry lips and tongue
- sunken eyes and/or skin looks dry and may sag
- not passing much urine
- headaches, confusion, lack of concentration and/or mood swings.

Reasons people lose fluid:

- vomiting, diarrhoea, fever
- heat exhaustion
- medicines that remove water from the body
- medical problems; ill health
- drinking a lot of alcohol; it removes water from the body.

Reasons people don't drink enough fluid:

- loss of appetite
- lack of thirst
- forget to drink
- unable to access drinks
- drinks not available
- to manage or avoid the urge to go to the toilet.

### How much fluid do we need?

In the UK it is recommended that an adult drinks 6-8 full glasses of fluid per day.

## What counts as fluid intake?

Fluids include water and anything that contains water, such as tea, coffee and fruit drinks or juices. Soft drinks like coke and lemonade are fine in small amounts only, but remember they contain lots of sugar and could therefore lead to tooth decay.

## Practical Hints:

- encourage individuals to drink fluids often, before they get thirsty
- drink more fluids on hot and humid days
- try drinking small amounts of fluid more often throughout the day
- drink more fluid when they are more active or exercising
- drink more if they have fever, diarrhoea or vomiting (may require doctor).

## The importance of hydration

Dehydration is common amongst older people and can lead to headaches, confusion, inability, falls, loss of appetite and constipation. Older people should be encouraged to have about 1.5L (6-8 cups or glasses) of fluid per day. Some of the evidence for the benefits of good hydration in older people is summarised below.

### Pressure ulcers

Poorly hydrated individuals are twice as likely to develop pressure ulcers. This is because dehydration reduces the padding over bony points. Fluid intake to correct dehydration increases levels of tissue oxygen and enhances ulcer healing.

### Constipation

Poor fluid intake is one of the most frequent causes of chronic constipation. It is more frequent in institutionalised older people, affecting some 42% of patients admitted to geriatric wards. In individuals who are poorly hydrated, drinking more water can increase stool frequency. It can also enhance the beneficial effect of daily dietary fibre intake.

### Urinary infections and continence

Water helps maintain a healthy urinary tract and kidneys. Being adequately hydrated, rather than having a high fluid intake, is important in the prevention of urinary tract infection (UTI). Many older people don't like to drink in the evening to prevent them from needing the toilet in the night. However, it has been shown that restricting overall fluid intake does not reduce urinary incontinence.

### Kidney stones and gallstones

Good hydration can reduce the risk of kidney stone formation by 39%. This is because dilute urine helps to prevent crystallisation of stone-forming salts. Drinking water at regular intervals can also help by diluting bile and stimulating gall-bladder emptying. This, in turn, helps to prevent gall stone formation.

### Heart disease

Adequate hydration reduces the risk of heart disease by 46% in men and by 59% in women. It also helps prevent blood clots forming by decreasing the viscosity of the blood (how 'thick' the blood is).

**Low blood pressure**

Many older people have a drop in blood pressure when they stand. This sometimes causes them to pass out. Drinking a glass of water 5 minutes before standing helps stabilise blood pressure and prevents fainting.

**Diabetes**

Water is an essential part of the dietary management of diabetes. This is because dehydration can worsen diabetic control. In individuals with poorly controlled diabetes, high urine output can increase the risk of dehydration.

**Cognitive impairment**

Dehydration worsens mental performance. Symptoms of mild dehydration include light headedness, dizziness, headaches and tiredness. It reduces alertness and the ability to concentrate. Once you feel thirsty (0.8-2% dehydration), mental function may be affected by up to 10%. Mental performance gets worse as the individual becomes more dehydrated. In older people this affects cognitive function, leading to increasing frailty, reduced ability to do things for themselves, and a reduction in quality of life.

**Falls**

The risk of falls increases with age. In older people, falls can result in injury and fractures. For example, a broken hip can lead to a reduced quality of life, over and above the trauma and hurt. Such individuals rarely get back to the same degree of independent living as they enjoyed before they fell.

Dehydration has been identified as one of the risk factors for falls in older people. This is because it can lead to a deterioration in mental state, and increase the risk of dizziness and fainting. Maintaining adequate hydration in older people could be effective in preventing falls, particularly as part of a strategy which considers other factors as well. In addition, in hard water areas tap water can contribute to dietary calcium intake – calcium is essential for healthy bones and protecting against osteoporosis and fractures.

**Hospitalisation in older people**

Dehydration has been shown to increase by two-fold the mortality of patients admitted to hospital with stroke. It also increases the length of hospital stay for patients with community-acquired pneumonia.

**Skin**

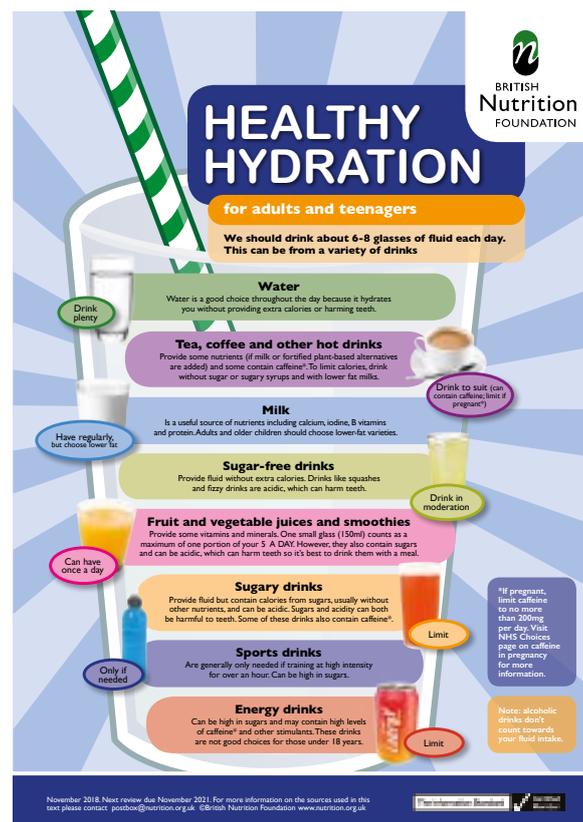
Being well hydrated is a good way to keep the skin healthy and young-looking. The skin acts like a water reservoir and helps regulate fluid for the whole body. Mild dehydration causes skin to appear flushed, dry and loose, with a loss of elasticity, which makes it look older than it is.

## The role of carers

Carers have a vital role in supporting older, more dependent individuals to maintain healthy hydration levels. They can do this by **making sure that fluids are freely available and physically accessible both day and night, as well as with meals.** They should **be aware of the individual's need for fluid and encourage them to drink.** Many types of food contain a substantial amount of water. If an older person finds it difficult to increase the amount of fluid they drink, it may be possible to help maintain adequate hydration **by increasing the amount of moisture consumed in foods, such as fruit and vegetables** which are about 80-90% water.

For more information and downloadable posters on healthy hydration for adults, visit <https://www.nutrition.org.uk>.

For more information on recommended intakes of water, see the British Dietetic Association's Food Fact Sheet on Fluid - <https://www.bda.uk.com/foodfacts/home>.



## Key points:

- Hydration is important to prevent health problems such as headaches, falls, confusion and decreased mobility.
- Signs of dehydration include thirst, light headaches, tiredness, dry mouth and dark urine.

## Ways to support and provide hydration include:

- find out the type of drinks that individuals prefer
- provide a wide variety of hot and cold drinks
- encourage drinking at regular intervals
- make drinks easily accessible
- offer fluid in foods, e.g. ice lollies, jellies, sauces
- provide social occasions to encourage drinking, e.g. afternoon tea.

Assessor Notes/Learner Handout:

## Good Food First – Making the most of your food

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AC 1.3

There are some simple things individuals can do to improve their diet if they have a poor appetite or need to gain some weight.

### Eat little and often

Encourage them to aim for three small meals a day with snacks and nutritious drinks in between. Some suitable snacks include:

- toast
- soup
- sandwich
- chocolate
- desserts
- cereal & milk
- cakes & biscuits
- creamy yoghurt
- ice cream
- cheese & biscuits.

### Use fortified milk

To make fortified milk, suggest adding 2-4 tablespoons of skimmed milk powder to full cream milk. Aim to use one pint of this each day. This fortified milk can be used just as they would use their usual milk in:

- milky coffee
- bedtime drinks, e.g. malted milk, hot chocolate
- tea
- porridge
- breakfast cereal
- milk pudding/custard
- fruit smoothies
- instant soup.

### Enrich your food

Add calories to food with:

- Butter or margarine - add to potato, vegetables, sauces, rice, pasta.

- Cheese - add to potato, vegetables, salad, soup, sauces.
- Cream - add to puddings, porridge, cereal, soup, mashed potato, scrambled egg.
- Sugar and honey - add to cereals, puddings, custard, porridge, stewed fruit.

Some sugary and sweet foods may not be suitable for a person with diabetes. Please check with your nurse or doctor.

## Helpful hints

- Avoid low fat/reduced calorie products and use full fat/full calorie products instead, e.g. full fat milk, full fat cheese, full fat margarine and butter, thick and creamy yoghurts.
- Large meals tend to be 'off-putting', so encourage people to try to eat 5 or 6 small, nutritious meals or snacks regularly throughout the day instead.
- Convenience food and readymade meals may be useful for those who are finding cooking difficult or tiring.
- Smoking can reduce a person's appetite. If someone smokes, suggest that they refrain from smoking in the half hour before their meal. If they wish to give up they can phone Stop Smoking Wales for advice on 0800 085 2219.
- A drink before a meal can be filling - have a drink after a meal instead.
- A small glass of wine or sherry or a measure of a spirit in the half hour before a meal can stimulate the appetite. Alcohol should not be taken with some medications. Check with your doctor or nurse.

If an individual continues to lose weight or requires further advice, they should contact their GP, District Nurse or Dietitian. Once weight and appetite have improved sufficiently, a healthier diet should be considered.

Assessor Notes/Learner Handout:

## Good Food First – Tips to help eating and drinking

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AC 1.4

Here are some things individuals can do to help make eating and drinking easier and more comfortable if they experience difficulties.

### Before eating:

- eat when they feel fully awake and alert
- if they wear dentures at meal times, make sure they fit well
- make themselves comfortable
- sit in an upright position
- small, frequent meals may be easier.

### During eating:

- they should be able to reach their meal, drink and cutlery comfortably
- try not to talk and eat at the same time as this can sometimes cause difficulty with swallowing
- allow them as much time as they need to eat their meal
- allow time between each mouthful
- slow and relaxed eating is best
- reduce all distractions around them to help them to concentrate.

If helping someone with their meals or drinks:

- sit at the same height as the person receiving care so they can maintain their posture
- give them time in between mouthfuls to swallow before giving more food.

### After eating:

- Try to remain upright for 20-30 minutes after eating.
- Check their mouth is empty. Remove any food that may be left.

**Remember regular mouth care is important.**

### Signs of swallowing difficulties may include:

- difficulty chewing, or avoiding foods that are difficult to chew or swallow
- food left in the mouth after a meal
- difficulty starting to swallow
- coughing or choking during or after eating and/or drinking
- regular chest infections

- poor appetite
- weight loss
- eating more slowly than usual
- feeling scared or frightened when eating or drinking
- food or fluid falling out of the mouth.

If someone you care for experiences problems, contact your GP, District Nurse or local Speech & Language Therapy Department for further advice.

Assessor Notes/Learner Handout:

## Good Food First – Ideas for nourishing drinks, snacks and meals

Level 2 Health and Social Care: Core (Adults) Core Unit 003 Health and Well-being (Adults)

AC 1.4

### Ideas for nourishing drinks

The right drinks can help someone to improve their diet if they have a poor appetite or need to gain some weight. There is a selection of nutritious drinks, soups and puddings available to purchase locally from supermarkets and chemists. They can also make their own using homemade recipes.

Encourage individuals to experiment by making their own drinks and soups using their choices from ingredients such as:

- fortified milk - mix 2oz (60g) or 4 tablespoons of dried milk (any type) with 1 pint of whole milk
- add whole-milk yoghurts, ice cream, fromage frais to milk and fruit to make nutritious smoothies
- look for the condensed and cream of style soups and packet soups and add milk/fortified milk instead of water to add calories and protein
- add a single serving of butter/margarine into soups. It will enrich the flavour of the soup and add 70 calories.

### Ideas for nutritious snacks and meals

#### Recipes

##### Fruit Yoghurt Drink

1 small carton full fat natural yoghurt

1 small glass fruit juice or pureed fruit

Mix the ingredients together and whisk them well. Then chill and serve.

##### Fruit Ice-cream Drink

1 scoop ice-cream

1/3 pint milk

Flavour with milk shake syrup, cordial or honey.

Mix ice-cream, milk and flavouring together in a blender and serve.

### Snack meals:

- toast with topping, e.g. sardines, cheese
- sandwich filled with meat, fish, cheese or egg
- pies, sausage roll, pasties.

### Snack and Dessert ideas:

- thick and creamy yoghurt, blancmange, mousse, instant whip
- cheese & crackers
- sponge cake, e.g. chocolate, Maderia, Genoa
- biscuits, e.g. bourbons, gingernuts, custard creams, fruit shortcake, digestives
- crisps, nuts, dried fruit
- egg custard, bread & butter pudding
- stewed/tinned fruit with custard, cream or ice cream.

*Pages 16, 17 and 18 are adapted from the Nutrition in Community Settings Pathway, Welsh Assembly Government, 2011*

Assessor Notes/Learner Handout:

## National and Local Initiatives that Support Nutrition and Hydration

Level 2 Health and Social Care: Core (Adults) Unit 003 Health and well-being (adults)

AC 8.3

This handout contains details of national and local initiatives and resources that support the nutrition and hydration of adults throughout Wales and the wider UK. The list is by no means exhaustive and learners and assessors may be aware of further schemes and programmes in their local area.

### 5-a-day campaign

The government recommends that we eat at least five portions of a variety of fruit and vegetables per day. This is based on evidence that people who consume more than 400g a day of fruit and vegetables have a reduced risk of certain diet related chronic diseases, such as heart disease, stroke and some cancers.

<https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/>

### Change4life

Change 4life is a social marketing campaign that aims to encourage people to lead healthier lives by eating well and moving more. Change4life is a trusted and recognised brand. The campaign was developed for England. Further information can be found online.

<https://www.nhs.uk/change4life/>

### Public Health Network Cymru

Public Health Network Cymru aims to create a network for all those working on public health issues in Wales, such as nutrition and physical activity. The website contains information on national and local initiatives that support health, including good nutrition and hydration.

<https://www.publichealthnetwork.cymru>

### *Nutrition Skills for Life™*

*Nutrition Skills for Life™* is a programme of training and nutrition initiatives delivered by dietitians across Wales. On completion of Agored Cymru's accredited level 2 nutrition training, community professionals can be supported to deliver courses themselves, such as Foodwise or Get Cooking (an 8-week practical cookery course).

For more information about *Nutrition Skills for Life™* courses for carers, professionals and individuals in your area, contact your local Public Health Dietetics Department.

### Foodwise for Life

Foodwise for Life is part of the wider programme, *Nutrition Skills for Life™*. It is an eight week structured programme for adults over the age of 16, which utilises evidence based approaches to weight management. Written by Public Health Dietitians in Wales (PHDiW), the programme is designed to be delivered by a range of community based staff and contributes towards activity at Levels 1 and 2 of the Welsh Government's All Wales Obesity Pathway.

For more information about Foodwise for Life in your area, contact your local Public Health Dietetics Department.

### **Corporate Health Standard**

Food, health and well-being is a specific topic area within the Corporate Health Standard, part of the Welsh Government's 'Healthy Working Wales' programme. It is the national quality framework and award for employers to improve health and well-being in the workplace. Any workplace in Wales with more than 50 employees can take part.

<http://www.healthyworkingwales.wales.nhs.uk/corporate-health-standard>

### **Small Workplace Health Award**

Food, health and well-being is a specific topic area within the Small Workplace Health Award, part of the Welsh Government's 'Healthy Working Wales' programme. Employers with fewer than 50 employees can access a similar framework called the Small Workplace Health Award.

<http://www.healthyworkingwales.wales.nhs.uk/workplace-awards>

### **Nutrition in Community Settings**

A pathway and resource pack for health and social care professionals, the third sector, care home staff, relatives and carers.

This document aims to improve standards of nutrition for people living in the community. It focuses on the importance of ensuring that vulnerable and frail adults (particularly older people) living in their own home, or in other community settings such as care homes eat well and healthily. It contains advice and support for carers, professionals and the general public to help people to find information needed to manage difficulties with eating.

<http://www.wales.nhs.uk/sitesplus/documents/862/FOI%20193j%2015.pdf>

### **Nutrition and hydration week**

Nutrition and Hydration Week has taken place every March since 2012. Its purpose is to highlight and educate people on the value of food and drink in maintaining health and well-being in health and social care. Organisations from around the world and from all areas of health and social care take part.

<https://nutritionandhydrationweek.co.uk/about-us/>

### **Food and Nutrition for Care Settings for Older People: Best Practice Guidance**

This best practice guidance is being developed by the Welsh Government. It is due to be published in 2019 to support care settings for older people in meeting the nutrition and hydration requirements of individuals in their care and to prevent malnutrition. The document is also designed to inform carers and families about the setting's approach to food and drink.

### **Malnutrition Universal Screening Tool (MUST)**

'MUST' is a five-step screening tool to identify adults, who are malnourished, at risk of malnutrition (undernutrition), or obese. It also includes management guidelines which can be used to develop a care plan. It is for use in hospitals, community and other care settings and can be used by all care workers

[https://www.bapen.org.uk/pdfs/must/must\\_full.pdf](https://www.bapen.org.uk/pdfs/must/must_full.pdf)

### **Good Food First and Screen and Treat posters**

These are available from your local dietetic department and can be used in care setting to promote the use of MUST to identify individuals at risk of malnutrition. Further information about a Food First approach can be found on the BAPEN website.

<https://www.bapen.org.uk/nutrition-support/nutrition-by-mouth/food-first-project-leaflets>

Assessor Notes/Learner Handout:

## The Impact of Nutrition on Health and Well-being

Level 2 Health and Social Care: Core (Adults) Unit  
003 Health and well-being (adults)

AC 8.4

A healthy balanced diet is essential for the health and well-being of individuals. In Wales, we are not eating the best diet for health and are not achieving the recommended levels of physical activity. As a result, health in Wales compares poorly with that in England and many other countries in Europe. It is important that those working in the HSC sector are aware of the impact of a poor diet and understand the contribution they can make to promoting good nutrition. Improving the health and well-being of the population in Wales is the collective responsibility of the government, health, social care, education and third sector workers.

The following table gives examples of how diet can impact on health and well-being to help facilitate discussion.

Area of health and well-being	The impact of diet
Nutrient deficiencies	<ul style="list-style-type: none"> <li>The National Diet and Nutrition Survey shows that adults have diets higher in sugar and lower in fibre than is recommended for good health and well-being.</li> <li>Much can be improved in the UK diet. This includes an increase in fruit and vegetable intakes, increased consumption of fish and dietary fibre and reduced intakes of saturated fat.</li> </ul>
Bone health	<ul style="list-style-type: none"> <li>A well balanced diet containing a range of foods from the different food groups is important for bone health.</li> <li>In particular, calcium and vitamin D are needed for strong bones, preventing the bone diseases osteomalacia and osteoporosis, and reducing the risk of fracture.</li> <li>Being underweight (Body Mass Index (BMI) under 19kg/m<sup>2</sup>) increases the risk of osteoporosis.</li> </ul>
Immune function	<ul style="list-style-type: none"> <li>Good nutrition is important for immunity and supporting the body to fight infections.</li> <li>Nutrient deficiencies can lead to greater risk of infection and prolonged recovery after surgery or illness.</li> </ul>
Dental health	<ul style="list-style-type: none"> <li>In 2015, a survey of 708 care home residents in Wales showed that 72.8% had tooth decay (PHW &amp; Cardiff University 2015).</li> <li>Regularly consuming foods and drinks high in sugar particularly in-between meals can increase the risk of tooth decay.</li> <li>If a person doesn't have good teeth, they may eat fewer foods that need to be chewed, e.g. red meat, fruit and vegetable. This can lead to anaemia due to a lack of iron or folate in the diet.</li> </ul>
Bowel health	<ul style="list-style-type: none"> <li>Constipation is common in older people. Many cases are linked to diet, i.e. insufficient fluid and fibre intake. If a person is constipated this can reduce their appetite.</li> </ul>
Blood	<ul style="list-style-type: none"> <li>A balanced diet will ensure adequate amounts of iron, folic acid and vitamin B12 needed to make healthy blood cells and prevent anaemia.</li> </ul>

Skin	<ul style="list-style-type: none"> <li>• A balanced diet helps promote healthy skin, hair and nails and helps to promote wound healing.</li> </ul>
Cognition (thinking)	<ul style="list-style-type: none"> <li>• A regular supply of energy and the right mix of nutrients are important for the brain to function properly.</li> <li>• Good nutrition and hydration supports brain function, concentration and can benefit mood.</li> <li>• Dehydration may make people more confused and irritable.</li> <li>• It has been suggested that omega-3 fats may play a role in brain function and concentration levels; however, more evidence is needed in this area.</li> </ul>
Maintaining a healthy weight	<ul style="list-style-type: none"> <li>• Almost 60% of adults in Wales are overweight or obese, of which 24% are obese.</li> <li>• People who are overweight are at greater risk of a whole range of diseases and poorer quality of life. This includes high blood pressure and heart disease; type 2 diabetes; cancer; joint problems and arthritis; breathing problems.</li> <li>• For older people, it is important that they eat good food, whatever their weight. Overweight people can be under-nourished too if they don't get enough nutrients.</li> <li>• For older people, being underweight can put them at risk of ill health and poor recovery after illness or surgery.</li> </ul>
Chronic diseases	<ul style="list-style-type: none"> <li>• Chronic diseases such as heart disease and stroke (cardiovascular diseases) are common amongst older people and are linked with high blood pressure and cholesterol levels.</li> <li>• Reduced fruit and vegetable consumption and high intakes of red and processed meat are linked to increased cancer risk.</li> </ul>
Reproductive health	<ul style="list-style-type: none"> <li>• Being both overweight and underweight can affect fertility and the menstrual cycle.</li> </ul>
Mental health and well-being	<ul style="list-style-type: none"> <li>• A balanced diet is important for general mental health and well-being.</li> <li>• There is some evidence that certain nutrients (e.g. B vitamins, zinc and omega-3 fats) can be helpful in managing depression.</li> <li>• Insufficient iron intake has been linked with tiredness, apathy and depression.</li> <li>• Regular alcohol consumption and binge drinking is associated with a range of social and health problems.</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Eating has wider benefits to well-being. This includes the social aspects of cooking and eating together at mealtimes.</li> </ul>

Assessor Notes/Learner Handout:

## Factors that can affect Nutrition and Hydration

Level 2 Health and Social Care: Core (Adults) Unit 003 Health and well-being (adults)	AC 8.5
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A variety of factors can affect the nutritional intake of individuals. These can include health, environmental, financial, cultural and social factors. The following list is by no means exhaustive but is a starting point for discussion and can be used as a handout for learners. The group should be encouraged to think of factors they have observed within health and social care and community settings or their own lives that may negatively or positively impact on diet and hydration. This discussion can lead on to how they, as professionals, can help influence what the individuals they work with eat.

Factor	Potential impact on nutrition and hydration
Culture and religion	<ul style="list-style-type: none"> <li>• Culture will affect foods chosen, how they are cooked and eaten.</li> <li>• Some religious groups may avoid certain foods or require food that is prepared in a specific way, e.g. halal meat for Muslims.</li> <li>• Individuals may avoid a food if they are unsure if it meets their religious requirements.</li> </ul>
Individual preferences and habits	<ul style="list-style-type: none"> <li>• Creating the right environment in which to eat and drink is important, particularly for older adults in care settings. Discuss a person's food preferences or dietary requirements on admission to the settings and at regular intervals as preferences can change. Encourage a wide variety of food and drink options to maximise nutrient intake.</li> </ul>
Physical factors	<ul style="list-style-type: none"> <li>• Health conditions that cause pain or difficulty when eating, e.g. a sore mouth and dysphagia (difficulty swallowing), will affect nutritional intake.</li> <li>• People with learning disabilities may need additional support at mealtimes to ensure adequate intake.</li> <li>• If there are any concerns about a person's ability to swallow, they must be referred to a GP or Healthcare Professional. They may need to be referred to a Speech and Language Therapist (SLT) who will recommend a texture modified diet and changes to the texture of food and fluid.</li> <li>• Care and catering staff should be aware of the current International Dysphagia Diet Standardisation Initiative (IDDSI) modified texture descriptors. The correct texture diet and fluids must be provided <a href="https://iddsi.org/">https://iddsi.org/</a>.</li> <li>• Provide assistance with feeding where appropriate, e.g. adapted cutlery, plate guards and encouraging independence as much as possible.</li> <li>• Ensure individuals are wearing (if appropriate) the correct glasses, dentures and hearing aids to help enhance the dining experience.</li> <li>• Sitting in a comfortable upright position with any support required in place.</li> <li>• Constipation and anaemia (low iron) have been linked to poor appetite, with constipation specifically linked to poor hydration.</li> </ul>
Psychological factors	<ul style="list-style-type: none"> <li>• Being upset or depressed can discourage people from eating and drinking.</li> <li>• Stress and anxiety can affect appetite and food choices.</li> <li>• Young women are most likely to develop an eating disorder, particularly those aged 12 to 20, but older women and men of all ages can also have an eating disorder. For more information, visit <a href="http://www.beateatingdisorders.org.uk">http://www.beateatingdisorders.org.uk</a>.</li> </ul>

Income, lifestyle and social convention	<ul style="list-style-type: none"> <li>• A survey in 2018 by the Food Foundation found that many low income households in the UK struggle to afford a balanced diet as shown by the Eatwell Guide: <a href="https://foodfoundation.org.uk">https://foodfoundation.org.uk</a>.</li> <li>• In Wales, approximately 1 in 4 people are living in poverty (in households at or below 60% of median income). For more information, visit <a href="https://statswales.gov.wales/Catalogue/Community-Safety-and-Social-Inclusion/Poverty/">https://statswales.gov.wales/Catalogue/Community-Safety-and-Social-Inclusion/Poverty/</a>.</li> <li>• There has been an increase in families in Wales using food banks which provide emergency food supplies. <a href="http://www.trusselltrust.org.uk">http://www.trusselltrust.org.uk</a></li> <li>• Those on lower incomes may be more at risk of having a poorer quality diet. They are less likely to eat the recommended amount of fruits and vegetables and more likely to have diets high in fat, sugar and salt. <a href="https://www.gov.uk/government/collections/national-diet-and-nutrition-survey">https://www.gov.uk/government/collections/national-diet-and-nutrition-survey</a></li> <li>• Poor housing, lack of transport and cooking facilities may restrict food and drink choices.</li> <li>• For older people in care settings, ensure mealtimes are a positive experience and, where required, individuals are supported sensitively to eat and drink, e.g. having company at mealtimes and for drinks, celebrations and special events, changes of routine and going out to eat.</li> <li>• Alcohol and certain drugs can affect appetite and body weight.</li> </ul>
The mealtime environment	<ul style="list-style-type: none"> <li>• A calm, relaxed eating environment is important.</li> <li>• Involving individuals in the mealtime (e.g. setting up and preparing food, pouring drinks) can encourage them to eat and drink.</li> <li>• Making food look colourful and attractive will stimulate appetite.</li> <li>• Distractions at mealtimes (e.g. healthcare professional visits) should be limited.</li> </ul>
Advertising and fads	<ul style="list-style-type: none"> <li>• Advertising has a significant impact on the foods and drinks we choose to buy.</li> <li>• Many unhealthy foods and drinks that are high in fat, sugar and salt are marketed widely.</li> <li>• Many fad diets are publicised in the media, which give misleading and false claims and can cause confusion. For more information, see:</li> <li>• <a href="https://www.bda.uk.com/foodfacts/faddiets.pdf">https://www.bda.uk.com/foodfacts/faddiets.pdf</a></li> </ul>
Family and peer influences	<ul style="list-style-type: none"> <li>• Relatives, carers and staff can positively affect nutritional intake through role modelling.</li> <li>• Individuals with a poor appetite are more likely to eat and enjoy their food if they have the opportunity to eat with friends, family or carers.</li> </ul>
Ethics, morals and political beliefs	<ul style="list-style-type: none"> <li>• Some people may choose to avoid certain foods or whole food groups due to ethical beliefs or values, e.g. vegans and vegetarians. It is important that they replace the nutrients from foods avoided to ensure a nutritionally balanced diet Further information can be found at: The British Dietetic Association <a href="https://www.bda.uk.com/foodfacts/plantbaseddiets.pdf">https://www.bda.uk.com/foodfacts/plantbaseddiets.pdf</a> Vegetarian Society <a href="http://www.vegsoc.org">www.vegsoc.org</a> Vegan Society <a href="http://www.vegansociety.com">www.vegansociety.com</a> NHS Choices <a href="https://www.nhs.uk/live-well/eat-well/the-vegetarian-diet/">https://www.nhs.uk/live-well/eat-well/the-vegetarian-diet/</a></li> <li>• Some people prefer to purchase organic and/or locally produced ingredients to increase the sustainability of their diet.</li> </ul>
Neglect	<ul style="list-style-type: none"> <li>• It is important for professionals to look out for those who may not be getting enough food and drink and are not being taken proper care of. Professionals should know their organisations policy on reporting concerns about a person's nutrition and hydration and possible neglect. <a href="https://www.nhs.uk/conditions/social-care-and-support-guide/help-from-social-services-and-charities/abuse-and-neglect-vulnerable-adults/">https://www.nhs.uk/conditions/social-care-and-support-guide/help-from-social-services-and-charities/abuse-and-neglect-vulnerable-adults/</a> <a href="https://www.elderabuse.org.uk/">https://www.elderabuse.org.uk/</a></li> </ul>

Learner Activity:

### **What is meant by the terms 'Nutrition' and 'Hydration'?**

Level 2 Health and Social Care: Core (Adults) Unit  
003 Health and well-being (adults)

AC 8.1

In your own words, explain what is meant by the two terms below:

#### **Nutrition**

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#### **Hydration**

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Learner Activity:

## The Principles of a Balanced Diet and Good Hydration

Level 2 Health and Social Care: Core (Adults) Unit  
003 Health and well-being (adults)

AC 8.2

Describe how the Eatwell Guide can be used to explain a balanced diet and good hydration.

**Use the following headings for your answer.**

You can split food into groups.

Aim to choose a variety of foods from within each group.

Aim to eat larger amounts from some food groups than others.

Aim for adequate fluid intake each day.

The Government gives 8 key actions for a healthy diet.  
Select 3 and explain why they are important

1. Base your meals on starchy foods
2. Eat lots of fruit and vegetables
3. Eat more fish – including a portion of oily fish each week
4. Cut down on saturated fat and sugar
5. Try to eat less salt – no more than 6g a day for adults
6. Get active and try to be a healthy weight
7. Don't get thirsty
8. Don't skip breakfast.

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Learner Activity/Worksheet: Suggested Answers

## The Principles of a Balanced Diet and Good Hydration

Level 2 Health and Social Care: Core (Adults) Unit 003 Health and well-being (adults) AC 8.2

Describe how the Eatwell Guide can be used to explain a balanced diet and good hydration.

### You can split food into groups

Foods with similar characteristics and which contain similar nutrients are grouped together.

### You should choose a variety of foods from within each group

In order to get all the nutrients you need, food from each food group should be taken daily. There is guidance about how many portions of food should be taken from some of the food groups, e.g. fruit and vegetables, proteins. Not all foods within a group contain the same level of important nutrients. Eating a wide variety of foods gives the best chance of having a balanced diet.

### You should eat larger amounts from some food groups than others

Fruit and vegetables should make up over a third of the food we eat each day. Fruit and vegetables are low in calories and fat, and high in fibre and can help people to maintain a healthy weight. Starchy foods should also make up just over a third of the food we eat. Starchy foods containing lots of fibre can help people to feel full and prevent snacking on less healthy options. As the majority of the UK population is overweight or obese and because a high fat intake is a risk factor for heart disease and some cancers, it is recommended to make up the largest part of the diet from vegetables, fruit and starchy foods. This advice would not be suitable for someone with a poor appetite or who may have lost weight recently. They may benefit from a special modified diet to help them to increase their nutritional intake.

### Aim for adequate fluid each day

6-8 cups of fluid a day. This can be from water, milk, tea or even coffee. Limit fruit juice and/or smoothies to a total of 150 ml a day.

The Government give 8 key actions for a healthy diet. Select 3 and explain why they are important.

1. **Base your meals on starchy foods**

They are a low fat, healthy source of energy. Wholegrain varieties contain fibre.

2. **Eat lots of fruit and vegetables**

Vegetables are a low fat, low calorie food which is filling. Fruit and vegetables are rich sources of many

vitamins and minerals and contain fibre.

3. **Eat more fish – including a portion of oily fish each week**

Oily fish such as mackerel, salmon and sardines provide omega-3 fats. Fish is a low fat source of protein.

4. **Cut down on saturated fat and sugar**

These are concentrated sources of calories and contribute to obesity, risk of heart disease and some cancers. They are found in many processed foods and drinks.

5. **Try to eat less salt – no more than 6g a day for adults**

A high salt intake can raise blood pressure which is a risk factor for heart disease, stroke and kidney disease. Processed foods often contain a lot of salt.

6. **Get active and try to be a healthy weight**

People who are above a healthy weight may be eating more than they need. This puts them at greater risk of developing conditions such as high blood pressure, heart disease and diabetes. Eating less and increasing activity is the most effective way to lose weight and maintain a healthy weight.

7. **Don't get thirsty**

The recommended amount of fluid to drink is around 1.5 litres a day. It doesn't have to be water. Tea, coffee, milk, low sugar drinks and juices all count. Dehydration can lead to confusion, falls, urinary tract infections, headaches, tiredness, constipation and many other unwanted effects.

8. **Don't skip breakfast**

A regular meal pattern helps to prevent hunger and ensures people get enough to eat and drink to meet their needs. Having regular meals give the best chance of having a wide range of foods from all the food groups and all the necessary nutrients.

Learner Activity/Worksheet:

**The Eatwell Guide**Level 2 Health and Social Care: Core (Adults) Unit  
003 Health and well-being (adults)

AC 8.2

1. Imagine a colleague, friend or family you work with has never seen the Eatwell Guide before. They ask you to explain each of the food groups and why each is needed as part of a balanced diet. **Jot down key points you would mention for each group. Include examples of foods that would fit into the groups and at least one important nutrient provided.** The fruits and vegetables food group has been completed for you as an example.

Food Group	Key points
Fruits and vegetables 	<p><i>This food group is an important part of an individual's diet as it provides fibre for healthy bowels, and vitamins and minerals. It's important to offer 5 portions of fruits or vegetables every day. This group includes all fresh fruit and vegetables as well as dried, canned (in juice or unsalted water) and frozen varieties. Pure fruit juices are also included in this group; however, current guidance is that a 150 ml serving counts as one portion regardless of the quantity consumed. Plain water and milk are better for our teeth.</i></p>
Potatoes, bread, rice, pasta and other starchy carbohydrates 	
Dairy and alternatives 	

Beans, pulses, fish, eggs, meat  
and other proteins



Oils and spreads



2. What is the key message in the Eatwell Guide about these foods?



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Learner Activity:

## National and Local Initiatives that Support Nutrition & Hydration

Level 2 Health and Social Care: Core (Adults) Unit 003 Health and well-being (adults)

AC 8.3

### Pair/Group Activity

Identify a local or national initiative that supports nutrition and hydration for individuals, e.g. Change4Life, 5-a-day, Nutrition Skills for Life, Foodwise for Life, the Corporate Health Standard, The Small Workplace Award, a local food co-op, community cooking courses, local food and health guidelines in a care setting for older people.

1. As a pair or small group, find out the following:
  - What is the aim of the initiative?
  - Who delivers/leads the initiative?
  - Is it a local or national initiative?
  - Who is the target group(s)?
  - What are the potential benefits for individuals?
  - Where can relatives/professionals find out more about the initiative?
2. Share your findings with the wider group and discuss how those working in the health and social care sector could participate in the initiative for the benefit of individuals in their care.

Learner Activity:

**The importance of a balanced diet**Level 2 Health and Social Care: Core (Adults) Unit  
003 Health and well-being (adults)

AC 8.4

Use the table below to explain the importance of a balanced diet for health and well-being, and record ways in which a poor diet can affect an individual. An example is given to help you get started.

Area of health and well-being	The importance of a balanced diet	Impact of a poor diet
Blood	A balanced diet will ensure adequate amounts of iron, folic acid and vitamin B12 needed to make healthy blood cells and prevent anaemia.	A poor diet can result in anaemia. This can lead to poor concentration, tiredness and lack of vitality.

Learner Activity:

**Factors that can affect nutrition and hydration**Level 2 Health and Social Care: Core (Adults) Unit  
003 Health and well-being (adults)

AC 8.5

Choose three factors that can affect the nutrition and/or hydration of individuals and explain **how** this factor can influence their eating and/or drinking. You might want to choose factors you have observed in practice. An example is given to help you get started.

Factors that can affect nutrition and/or hydration	How these factors affect/influence nutrition and/or hydration
Culture and religion	<ul style="list-style-type: none"> <li>• Culture will affect foods chosen, how they are cooked and eaten.</li> <li>• Some religious groups may avoid certain foods or require food that is prepared in a specific way, e.g. halal meat for Muslims.</li> <li>• Individuals may avoid a food if they are unsure if it meets their religious requirements.</li> </ul>