

Nutrition and dietary intake



This assignment should generate sufficient, valid evidence for the BTEC Subsidiary Diploma in Health & Social Care Unit 21 : Outcomes 1 & 2 “ Understand concepts of nutritional health” and “ Know the characteristics of nutrients”

Nutrition is essential for health and well being. If you are working in health and social care and have responsibility for the wellbeing of others, it is important to have a thorough understanding of nutrition and diet.

Write a report on healthy eating for your family and friends to include:

An explanation of :

- Concepts
- Nutritional health
- Nutritional measures
- Dietary intake guidelines
- An explanation of one current nutritional issue

Describe the characteristics of nutrients and their benefits to the body

- Produce detailed notes (or a tabulation) on nutrients in relation to health status. You need to cover the best sources, function in the body – including positive & negative aspects, dietary requirements etc. of the main nutrients as listed the Unit Specifications.

M1 Choose two population groups and discuss similarities & differences in their nutritional needs. You could base this on two different members of your family

- For Example high protein diets are required for both young children and older adults, to ensure growth and repair of new cells, but carbohydrates will vary according to activity levels.

Grading criteria

- P1 – Explain concepts of nutritional health
 - P2 – Describe the characteristics of nutrients and their benefits to the body
 - M1 – Discuss similarities & differences in the nutritional and energy requirements of two groups of individuals
- Task 2 P3 Write a report on a service user or a case study and include the following P3: Explain possible influences on dietary intake. • Introduce your service user explaining what influences their dietary intake.

M2 : Assess how these influences may affect their nutritional health

D1 conclude your report by making recommendations to reduce the negative influences in their diet

Grading criteria

- P3 – Explain possible influences on dietary intake
- Task 2 P3 Write a report on a service user or a case study and include the following P3: Explain

possible influences on dietary intake. •Introduce your service user explaining what influences their dietary intake.

M2 : Assess how these influences may affect their nutritional health

D1 conclude your report by making recommendations to reduce the negative influences in their diet

Grading criteria

•P3 – Explain possible influences on dietary intake Task 2 P3 Write a report on a service user or a case study and include the following P3: Explain possible influences on dietary intake.

•Introduce your service user explaining what influences their dietary intake.

M2: Assess how these influences may affect their nutritional health

D1 conclude your report by making recommendations to reduce the negative influences in their diet

Grading criteria

•P3 – Explain possible influences on dietary intake

•M2 – assess how influences on dietary intake may affect the nutritional health of individuals

•D1 – Make realistic recommendations for minimizing negative influences on individuals in a specific health and social care setting Carry out an analysis

and evaluation of dietary intake for one person over three days, and relate to current UK guidelines.

Prepare a one week nutritional plan for the same individual, taking into account their lifestyle needs. Assess and evaluate how this will meet and improve their health.

Grading criteria

- P4 – Carry out a quantitative nutrient analysis of the diet of one individual
- P5 – Prepare a one week plan nutritional plan for the chosen individual
- M3 – Assess how the nutritional plan will meet the needs of the chosen individual
- D2 – Evaluate how the nutritional plan will improve the health of the chosen individual