

## Level 2 Health and Social Care: Principles and Context

**Unit 1: Promoting health and well-being throughout the life stages**

**Unit 2: Health and Social care to support outcome focussed provision for person-centred care**

## Guidance for Tutors and Assessors

In Wales, there is a programme called **NUTRITION SKILLS FOR LIFE™** delivered by a network of Public Health Dietitians. Public Health Dietitians can provide expert knowledge and guidance on nutrition and hydration for individuals.

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## Unit 1: Promoting health and well-being throughout the life stages

## Unit 2: Health and Social care to support outcome focussed provision for person-centred care



### Essential Reading

<p>Welsh Government (2019). Food and Nutrition in Care Settings for Older Adults: Best Practice Guidance</p>	 <a href="https://bit.ly/2HS2RaM">https://bit.ly/2HS2RaM</a>
<p>Welsh Government (2018). Food and Nutrition in Childcare Settings: Best Practice Guidance. Available from</p>	 <a href="https://bit.ly/2wj5Bov">https://bit.ly/2wj5Bov</a>
<p>Welsh Government (2014) Healthy eating in maintained schools: statutory guidance for local authorities and governing bodies. Available from</p>	 <a href="https://bit.ly/38XMlfP">https://bit.ly/38XMlfP</a>
<p>Public Health England (2016). Guidance: The Eatwell Guide. Available from</p>	 <a href="https://bit.ly/3c6ha9v">https://bit.ly/3c6ha9v</a>

Nutrition in Community Settings (2011) Welsh Government.  
Available from



<https://bit.ly/2HQULDW>

\*See Guidance for Assessors and Supporting materials for Level 2 HSC: Core (Adults) and Level 2 Health and Social Care: Core (Children and Young People).

Assessment criteria	Assessment Guidance Unit 1: Promoting health and well-being throughout the life stages The learner will be assessed on:	Supporting material	Suggested learning activities for learner to complete
1.1	<p><b>Key physical, intellectual, emotional and social aspects that affect growth and development across the lifespan of individuals</b></p> <p>Learners who have completed the level 2 core unit (004) will know the importance of nutrition and hydration for growth and development of children and young people. Learners who have completed the level 2 core unit (003) will know the importance of nutrition and hydration for health and well-being for adults and later in life.</p> <p>Learners will know that nutrition and hydration are fundamental for health and well-being throughout life. In addition, learners will know and understand that the quantities of food and fluid needed change as individuals pass from one life stage to the next and the main nutrition messages for each of the following life stages.</p> <p><b>Infancy - 0-2 years;</b> Learners will know that this is a time of rapid growth and development. In the first 6 months of life, an infant is solely dependent upon breast milk or an appropriate first infant formula milk. Learners will be aware that supporting women to start and continue to breastfeed for as long as they and their infant would like is a national public health priority. Breastfeeding has many benefits for the mother, the infant and wider society.</p> <p>The learner will know that at around 6 months of age infants require complementary foods in addition to breast milk/infant formula milk. This is to meet their nutritional requirements and to support the development of feeding skills - this is usually referred to as “complementary feeding” or “introducing solids”. Learners will understand that the Eatwell Guide does not apply to those under 2 years of age. Offer a wide range of tastes and textures from 6 months of age. Introduce a cup from around 6 months. The Assessor Notes/Learner Handout: Complementary Feeding from the Level 2 Core (004) unit for CYP can be used for further information and revision.</p> <p><b>Childhood – 3-12 years;</b> Learners will understand the importance of a varied balanced diet containing foods from the different food groups, to ensure children get all the nutrients they need for growth, well-being and development.</p>	<p>Assessor Notes/Learner Handout: The Eatwell Guide.</p> <p>Assessor Notes/Learner Handout: The Eatwell Guide. A Guide for the Early Years.</p> <p>British Dietetic Association Food Fact Sheets: <a href="https://bit.ly/2HQRPIX">https://bit.ly/2HQRPIX</a> e.g. Healthy Eating: Malnutrition</p> <p>Assessor Notes/Learner Handout: How nutrition and hydration influences growth, health and well-being.</p> <p>Assessor Notes/Learner Handout: Nutrition and Hydration Requirements at Defined Stages of Development.</p> <p>British Dietetic Association Food Fact Sheets: <a href="https://bit.ly/32oi4cM">https://bit.ly/32oi4cM</a> e.g. Breastfeeding: Complementary Feeding: Healthy Eating for Children</p> <p>British Nutrition Foundation: <a href="https://bit.ly/2SXjRmp">https://bit.ly/2SXjRmp</a></p> <p>Assessor Notes/Learner Handout: Complementary Feeding</p> <p>Guidance on complementary feeding (infants from around 6 months – 1 year) can be found at: <a href="https://bit.ly/37Z4NIU">https://bit.ly/37Z4NIU</a> &amp; sections 2 and 3 of the Welsh Government’s Food and Nutrition in Childcare Settings: Best Practice Guidance. Available from 2019 at: <a href="https://bit.ly/2wJebDJ">https://bit.ly/2wJebDJ</a></p> <p>Public Health England (2016). Eatwell Guide Booklet. Available from: <a href="https://bit.ly/2TaloUT">https://bit.ly/2TaloUT</a>. <a href="https://bit.ly/2w3wAdS">https://bit.ly/2w3wAdS</a> e.g. Healthy Eating for Children</p>	Worksheet: The Eatwell Guide

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	<p>Know that children from the age of 2 to 5 can gradually move towards healthy eating guidelines for adults and older children. Know the importance of adequate calcium and vitamin D for building strong bones.</p> <p>Learners will know that a child's growth is an important indicator of his or her health. The UK-WHO growth charts allow health professionals to plot and measure growth from birth. The Royal College of Paediatric and Child Health produce a useful fact sheet for parents and carers that provides further information.</p> <p><b>Adolescence – 13-19 years;</b> Learners will understand that young people continue to grow throughout their teenage years. Learners will be able to describe key nutrition and hydration requirements including energy, sufficient protein, calcium, vitamin D and iron. Learners will know the food groups that make up a balanced diet and a minimum of one dietary source for each key nutrient from level 2 core information.</p> <p><b>Adulthood – 20-64 years;</b> Learners will understand and be able to describe a key nutrition requirement for pregnant women and during breastfeeding. The BDA Food Fact Sheets 'Pregnancy' and 'Calcium' provide further information. Know the importance of maintaining a healthy weight in adulthood to reduce the likelihood of developing health problems in later life, e.g. Type 2 diabetes, high blood pressure, heart disease and some cancers.</p> <p><b>Later adulthood – 65+ years;</b> Learners will know that the Eatwell Guide applies for older adults who are in good health. Learners will understand that the Eatwell Guide does not apply for frail older people or people who are ill. Learners will know that some older people may be at greater nutritional risk or follow a specific therapeutic diet. A therapeutic diet refers to a diet that is modified from a 'standard diet' and is prescribed to meet a medical or specific nutritional need. Learners will know that they should always seek advice from the relevant healthcare professional who knows the person's care requirements. This could be the person's GP, advanced nurse practitioner or dietitian.</p>	<p>UK-WHO Growth Charts - Fact Sheet for Parents Understanding growth charts: what they tell you about your child's growth: <a href="https://bit.ly/32oh2hi">https://bit.ly/32oh2hi</a></p> <p>Guidance on portion sizes can be found at: <a href="https://bit.ly/37ZBC8A">https://bit.ly/37ZBC8A</a></p> <p>British Nutrition Foundation Portion size guide</p> <p>Guidance for recommended weight gain in pregnancy can be found at NHS choices: <a href="https://bit.ly/38WcO2z">https://bit.ly/38WcO2z</a></p> <p>BDA Food Fact sheet: <a href="https://bit.ly/32mi8K7">https://bit.ly/32mi8K7</a> e.g. Pregnancy; Breastfeeding; Calcium; Iron</p> <p>Information on vitamin recommendations for adults can be found at: <a href="https://bit.ly/3c1g5jb">https://bit.ly/3c1g5jb</a></p> <p>Welsh Government (2019). Food and Nutrition in Care Settings for Older People: Best Practice Guidance. Consultation documents can be found here: <a href="https://bit.ly/2T96RZE">https://bit.ly/2T96RZE</a></p> <p>Nutrition in Community Settings resources: <a href="https://bit.ly/3a3t0zt">https://bit.ly/3a3t0zt</a> (to be updated with Eatwell Guide)</p> <p>BDA Food Fact sheet: <a href="https://bit.ly/2TdYZGj">https://bit.ly/2TdYZGj</a> e.g. Malnutrition</p> <p>For further information on how to support people with a small appetite see: <a href="https://bit.ly/3bXC3nj">https://bit.ly/3bXC3nj</a></p> <p>Assessor Notes/learner Handout: The importance of a balanced diet.</p>	<p>Worksheet: The Importance of a Balanced Diet</p>

Assessment criteria	Assessment Guidance Unit 1: Promoting health and well-being throughout the life stages The learner will be assessed on:	Supporting material	Suggested learning activities for learner to complete
1.2	<p><b>The influence of life factors, lifestyle choices and life events on growth, health and well-being.</b></p> <p>Learners will know and understand factors that can affect nutrition and hydration, positively or negatively throughout the life cycle. This will include physical, social, emotional, economic and environmental factors. Examples could include illness, poor appetite, health inequalities, early infant feeding practices, Adverse Childhood Experiences, specific dietary requirements, food security, cultural and religious influences, role modelling, cooking facilities and housing, transport to local shops. Learners will know and understand the importance of maintaining a healthy weight and preventing malnutrition in older adults and supporting nutritional needs in home care, care homes and hospitals. The Assessor notes/Learner handout: Factors that impact upon nutrition and hydration and Nutrition and Hydration Requirements at Defined Stages of Development (see Unit 2, 2.2) can be used for further information.</p>	<p>Assessor notes/Learner handout: Factors that impact upon nutrition and hydration.</p> <p>See: <a href="https://bit.ly/3a0ZytP">https://bit.ly/3a0ZytP</a> for information around food poverty.</p> <p>Assessor Notes/Learner Handout: How nutrition and hydration influences growth, health and well-being.</p> <p>Assessor Notes/Learner Handout: Nutrition and Hydration Requirements at Defined Stages of Development.</p>	<p>Worksheet: Factors that can affect nutrition and hydration.</p>

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1.4	<p><b>The role and purpose of promoting health and well-being</b></p> <p>The learner will know that those working in health and social care can play a vital role in the provision of quality and nutritious food for the people in their care. The promotion of good nutrition and hydration supports wider, national action to help improve the health of the Welsh population, e.g. Welsh Government's Social Services and Well-being (Wales) Act, Healthy Wales: Healthy Weight strategy, Well-being of Future Generations.</p> <p>Learners will know about the 'Change4Life' and 'Ten Steps to a Healthy Weight' social marketing campaigns from completing the Level 2 Core. Further information can be found in the Assessor notes/ Learner handout: Local and National Initiatives that support Nutrition and Hydration.</p> <p>They will understand the importance of linking with local partners when working in practice such as Community Resource Teams, Dietitians, Speech and Language Therapists to find out about local initiatives that support nutrition and hydration. Learners should know and understand the importance of signposting people to reputable sources of information about diet and lifestyle. Examples include British Dietetic Association, NHS Choices, British Heart Foundation, Diabetes UK and Cancer Research UK.</p> <p>They will understand that they play a valuable role in signposting people to appropriate initiatives in their community, e.g. lunch clubs, community hubs, cooking skills courses.</p>	<p>Public Health Nutrition Network Cymru. See: <a href="https://bit.ly/2T91SZ0">https://bit.ly/2T91SZ0</a></p> <p>Assessor Notes/Learner Handout: National and Local Initiatives that Support Nutrition and Hydration.</p> <p>For further information about the national Nutrition and Hydration Week see: <a href="https://bit.ly/2VfCxPw">https://bit.ly/2VfCxPw</a></p> <p>NHS choices provides a range of evidence based information about nutrition and health. See <a href="https://bit.ly/2Tbqksz">https://bit.ly/2Tbqksz</a></p> <p>The Caroline Walker Trust: Supporting Older People and Older People with Dementia. See: <a href="https://bit.ly/2TanqEv">https://bit.ly/2TanqEv</a></p>	Activity: National and Local Nutrition and Hydration Initiatives



Assessment criteria	Unit 2: Health and Social Care to support outcome focused provision for person-centred care The learner will be assessed on:	Supporting material	Suggested learning activities for learner to complete
2.1	<p><b>The range of individual needs across the lifespan</b></p> <p>Learners need to know and understand that nutrition and hydration are fundamental to good health and well-being.</p> <p>Know that healthy eating is essential for growth and development in infants and children and to maintain a healthy weight in adults. It reduces the risk of developing obesity, diabetes, high blood pressure, cardiovascular disease and some cancers. Learners will know that older people are more likely to be at nutritional risk and the importance of preventing malnutrition in frail older people.</p>	<p>British Dietetic Association Food Fact Sheets as above: <a href="https://bit.ly/2T8uj9u">https://bit.ly/2T8uj9u</a></p> <p>Assessor Notes/Learner Handout: Nutrition and Hydration Requirements at Defined Stages of Development.</p>	
2.2	<p><b>The variety of opportunities and challenges both locally and across Wales</b></p> <p>Learners will know a range of national and local initiatives that support nutrition and hydration from the Level 2 core qualification and see 1.4 above.</p>	<p>Public Health Nutrition Network Cymru. See: <a href="https://bit.ly/2wlhOtC">https://bit.ly/2wlhOtC</a></p> <p>Assessor Notes/Learner Handout: National and Local Initiatives that Support Nutrition and Hydration.</p>	Activity: National and Local Nutrition and Hydration Initiatives
2.3	<p><b>The role and responsibilities of workers in the health and social care sector</b></p> <p>Learners will know the role of the dietitian in promoting and supporting the health and well-being of individuals in different settings through prevention, treatment, diagnosis and management of chronic conditions. Further information can be found in the Assessor Notes/Learner Handout: What dietitians do.</p>	<p>Assessor Notes/Learner Handout: What dietitians do.</p>	