

Overview

This standard identifies requirements when you support individuals to prepare food and drink. This includes supporting individuals with the selection and preparation of food and drink. It also includes food and drink presentation and clearing away when finished.

Performance criteria

You must be able to:

1. establish consent and access information on the nutritional requirements and preferences and needs of individuals
2. work in partnership with individuals to choose from available food and drink and consider suitable alternatives
3. ensure infection prevention and control methods and personal protective equipment are used
4. support individuals to identify the cooking and preparation requirements of chosen food
5. check ingredients are in date and have been stored according to requirements
6. prepare work surfaces, cooking utensils, and equipment
7. support individuals to prepare their chosen food and drink to ensure it meets their preferences and minimises any identified risks
8. prepare the environment so that the eating experience is pleasant, safe, and social
9. support individuals to eat and drink with comfort, respect, and dignity
10. remove used utensils and crockery
11. support individuals to safely store or dispose of food and drink
12. clean work surfaces, utensils, crockery and equipment
13. contribute to records and reports required for preparing food and drink
14. reflect on how you carried out your roles and responsibilities to support individuals to prepare food and drink, with feedback from others

Knowledge and understanding

You need to know and understand:

1. the basis and importance of a healthy diet
2. how to select types, combinations and proportions of ingredients that will make up a healthy dish, including special diets
3. the importance of providing a range of options to support choice of food and drink
4. how to apply trauma informed principles when supporting individuals to prepare food and drink
5. the influence of culture, background and spirituality on the way food should be selected, prepared and eaten
6. how texture, taste and appearance of food and drink can impact individuals
7. types of digital tools and devices that can support individuals to prepare food and drink
8. how to read and interpret food labelling and why this is important
9. cooking methods and techniques suitable for the ingredients and sustainable practices
10. the effect of medical conditions on the dietary requirements of individuals
11. the influence of neurodivergence and additional needs on supporting individuals to prepare food and drink
12. how different utensils can be adapted and used to meet individual needs
13. types of specialist equipment and protective covers and how to use them
14. how the environment can support a pleasant, safe and social experience
15. the importance of dignity, kindness and compassion in supporting individuals with food and drink
16. how to confirm individuals have consumed enough to meet their nutritional requirements
17. the role of emotions on food and drink choices and how to support individuals to regulate this
18. types and use of nutritional supplements
19. the risk factors of and signs of malnutrition
20. the signs and symptoms of dehydration and how to promote hydration
21. food safety precautions and the potential consequences of poor practice
22. how to carry out effective hand hygiene and its role in infection prevention and control when handling food and drink

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23. how to address any issues with food and drink and the importance of passing on information to others
24. how to recognise and deal with sudden unexpected health reactions and emergencies with food and drink
25. how to record and report changes to individual preferences and care needs and why this is important
26. the relevant legal requirements, standards of practice, frameworks and guidance for supporting individuals to prepare food and drink
27. the workplace requirements on equality, diversity, inclusion, and rights when supporting individuals with food and drink
28. how to work with in partnership with others to support individuals to prepare food and drink
29. how your personal experiences and unconscious bias may impact when supporting individuals to prepare food and drink, and how to address this
30. the role of supervision, reflective practice and learning and development in supporting individuals to prepare food and drink

Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

HSCCLD217



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Developed by	Skills for Care & Development
Version Number	1
Date Approved	31 Jan 2026
Indicative Review Date	31 Jan 2031
Validity	Current
Status	Original
Originating Organisation	Skills for Care & Development
Original URN	HSCCLD217
Relevant Occupations	Social Care and Childrens Care
Suite	Health and Social Care & Childcare Learning and Development
Keywords	Prepare food and drink, Health and Social Care & Children's Care Learning and Development
