

Overview

This standard identifies the requirements when you support individuals who require assistance to consume food and drink. This includes preparation for eating and drinking, supporting individuals at the time they consume food and drink and afterwards.

Performance criteria

You must be able to:

1. establish consent and access information and care or support plans on the nutritional requirements and preferences of individuals
2. work in partnership with individuals and others to identify the support required to eat and drink
3. ensure infection prevention and control methods and personal protective equipment are used
4. support individuals to prepare environments for pleasant, safe and social experiences
5. select, prepare and encourage individuals to use any specialist equipment and protective covers
6. support individuals to select food and drink which meets their preferences and needs
7. support individuals to eat and drink with comfort, respect, and dignity
8. support individuals to consume their chosen food and drink in manageable quantities at their own pace
9. support individuals with personal hygiene during and when they have finished eating and drinking
10. confirm the individual has finished eating and drinking and if their nutritional requirements and preferences have been met
11. remove used utensils and crockery and dispose of waste
12. leave the environment clean and ready for next use
13. complete records and reports required to support individuals to eat and drink
14. reflect on how you carried out your roles and responsibilities to support individuals to eat and drink

Knowledge and understanding

You need to know and understand:

1. the basis and importance of a healthy diet
2. the importance of providing a range of options to support choice of food and drink
3. how to apply trauma informed principles to support individuals to eat and drink
4. the influence of culture, background and spirituality on the way food is selected, prepared and eaten
5. how texture, taste and appearance of food and drink can impact individuals
6. the effect of medical conditions on the dietary requirements of individuals
7. the influence of neurodivergence and additional needs on supporting individuals to eat and drink
8. how different utensils can be adapted and used to meet individual needs
9. types of specialist equipment and protective covers and how to use them
10. types of digital tools and devices that can support individuals to eat and drink
11. how environments can support pleasant, safe and social experiences
12. the importance of dignity, kindness and compassion in supporting individuals with food and drink
13. how to confirm individuals have consumed enough to meet their nutritional requirements
14. the role of emotions on consuming food and drink and how to support individuals to regulate this
15. types of nutritional supplements and why they are used
16. the risk factors of and signs of malnutrition
17. the signs and symptoms of dehydration and how to promote hydration
18. food safety precautions and the potential consequences of poor practice
19. how to carry out effective hand hygiene and its role in infection prevention and control when handling food and drink
20. how to address any issues with food and drink and the importance of passing on information to others
21. how to recognise and deal with sudden unexpected health reactions and emergencies with food and drink
22. how to record changes to individual preferences and care or support needs and why this is important
23. the relevant legal requirements, standards of practice, frameworks and

guidance for supporting individuals to eat and drink

24. the workplace requirements on equality, diversity, inclusion, and rights when supporting individuals to eat and drink

25. how to work in partnership with others to support individuals to eat and drink

26. how your personal experiences and unconscious bias may impact when supporting individuals to eat and drink, and how to address this

27. the role of supervision, reflective practice and learning and development in supporting individuals to eat and drink

Glossary

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

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