

Liaise with care team to ensure that individuals' nutritional needs are met

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## Overview

This standard is about caterers working with care team staff to ensure that clients in the care sector and patients in hospitals receive adequate nutrition and fluids through the provision of meals.

The standard requires that the individual has a sound knowledge of the nutritional requirements of the general population and how food meets these requirements.

This standard focuses on the technical knowledge and skills required to liaise with care team to ensure that individuals' nutritional needs are met; however it should be assessed in the wider context of safe and hygienic working practices.

It is recommended that the following NOS, selected as appropriate to the job role and organisation, are referenced in conjunction with the technical skills and knowledge for the standard:

- Maintain basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- Minimise the risk of allergens to customers

When you have completed this standard you will be able to demonstrate your understanding of and your ability to:

- Liaise with care team to ensure that individuals' nutritional needs are met

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## Performance criteria

You must be able to:

1. Develop relationships with carers that recognises their role and expertise
2. Work with care team to identify specific nutritional requirements of individuals and groups of customers
3. Understand, use and explore any information with carers, gaining clarification on specific points
4. Work with appropriate people to gather information about resources, and options that are available to meet the nutritional needs identified
5. Work with carers to identify what additional support is needed to ensure that nutrition and fluid requirements are met including the consistency, timing and service of the food
6. Follow organisational procedures to ensure that customer requirements are recorded and available to authorised people
7. Seek additional help where the needs are outside your scope of responsibility and expertise

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## Knowledge and understanding

You need to know and understand:

1. The key care roles that operate within the organisation and the need to liaise with them
2. The nutritional requirements that customers may have
3. The most appropriate meal options available to support nutritional requirements
4. The role of a 'care plan'
5. The significance of meal times and rotated meal times
6. How nutritional screening is implemented within the organisation
7. The information that can be interpreted and used following nutritional screening
8. What quantity of nutrients are typically needed to maintain a good dietary balance

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**Originating Organisation** People 1st

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**Relevant Occupations** Cook; Chef; Kitchen Assistant

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**Suite** Food Production and Cooking

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