# Unit Standard 27460

# Nutritional Requirements and Feeding Issues

Please note the suggested answers are just examples, any answer that the assessor deems correct and meets the policies and procedures of the facility are acceptable

1. What is Nutrition?

Answer should demonstrate that nutrition is about ensuring a person has healthy sustenance, should include that there needs to be a balance of foods from different food group, catering to different dietary requirements.

1. What are Carbohydrates and what foods are an example of carbohydrates?

Carbohydrates are the sugars, starches and fibres examples are pasta, grains, some fruits and vegetables.

1. What are Proteins?

Proteins are essential nutrients for the human body. A protein is a molecule that is made up of amino acids. The role of protein in food is to provide energy, can be found in beans, eggs, avocadoes, and lean meats

1. What are Vitamins?

Vitamins are a group of organic compounds which are essential for normal growth and nutrition. Vitamins are only required in small quantities because they cannot be synthesized by the body. For example, Vitamin c is used by the body to repair tissue and involved in the absorption of minerals and helps with immunity and healing. Vitamin C can be found in oranges, kiwis, broccoli and other fruits and vegetables.

1. Please give 2 examples of dietary requirements based on allergies or intolerance that a person might have and what would need to be cut out of their diet

Coeliac or gluten intolerance, anything containing gluten, which is often found in flour and rye, examples are pasta and bread. Lactose intolerance, lactose is found in dairy examples of food to avoid would be milk, cheese, yogurt. These are 2 examples, other examples can be given, particularly if there is a client with this food allergy. Examinee needs to demonstrate an awareness of what foods need to be removed from a diet or any given allergy.

1. Please give an example of a dietary requirements due to culture / values / beliefs and what foods would be eliminated?

Answer needs to demonstrate an understanding of how beliefs and cultures can impact on food preferences and that these need to be respected. Examples could include pescatarian meaning only fish as a form of meat; vegetarian meaning no meat; vegan which is no meat, or animal biproduct. Religions such as Hindu where they do not eat beef. Muslims observe Ramadan where you can only eat at certain times of the day.

1. Please give 3 examples of health conditions that will impact on nutritional requirements, if you can please use examples of clients you have

Examples need to demonstrate that some health conditions have an impact on what a person can eat, for example Diabetes will require smaller portions and reduced amounts of sugar. If a person is in heart failure, they will need a diet low in sodium.

1. Please name the 3 different food textures and give an example of each

Soft – mashed potatoes, bananas. and eggs. Minced – minced meat, pasta and rice. Smooth – pureed foods, smoothies.

1. What is dysphagia?

Dysphagia is the term used for when a person has feeding or swallowing issues.

1. Name some conditions that could impact on nutrition?

Dental and oral problems, illness and pain, medications, physical and cognitive impairment.

1. What can you do if someone is refusing to eat?

Start with trying to find out why and what solutions can be offered.

1. Please give an example of a behaviour impacting eating that you have had to deal with and how you have dealt with it / or give an example of a behaviour you might expect to see

Example needs to demonstrate an understanding of different behaviours, such as distracted or disruptive and a safe way to negotiate this issue. Answer also needs to comply with policies and procedures within the facility.

1. Please give an example of adaptive equipment used to support people

Answer could include cutlery, plates, or cups and how they can be adapted to support a person.

1. Please explain what Nutrition is?

Answer should state an understanding of Nutrition, including needing food for sustained living.