
Overview

This standard covers providing support to individuals to maintain optimum nutritional status by offering advice and information.

Users of this standard will need to communicate effectively to meet individuals' needs and wishes and work in line with health and safety legislation, policy and practices.

Performance criteria

You must be able to:

- P1. identify and agree the roles and responsibilities of yourself and others in providing information and advice to individuals on eating to maintain optimum nutritional status
- P2. establish consent and access information on providing information and advice to individuals on eating to maintain optimum nutritional status
- P3. create an environment suitable for open, confidential discussion and for taking measurements
- P4. obtain the individual's background information
- P5. take and interpret relevant measurements from the individual
- P6. explain the links between different foods, food groups and nutrient composition
- P7. help the individual to assess their eating habits and set their own nutritional objectives
- P8. provide the individual with advice and support materials which expand on the information you have given as directed by the practitioner
- P9. provide the individual with opportunities to ask questions and raise their understanding and awareness of their nutritional plan
- P10. advise the individual how to maintain a food diary where necessary
- P11. agree and set dates for the review of the nutritional plan, where necessary
- P12. provide contact details of the registered dietitian
- P13. complete all relevant documentation required for providing information and advice to individuals on eating to maintain optimum nutritional status

Knowledge and understanding

You need to know and understand:

- K1. how to access and interpret all relevant work instructions, legislation, guidelines, policies, procedures and protocols needed to provide information and advice to individuals on eating to maintain optimum nutritional status
- K2. the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role
- K3. specific procedures for reporting issues which are beyond your competence, responsibilities and accountability
- K4. the principles, practice and procedures associated with informed consent
- K5. the needs of individuals including issues relating to dignity, confidentiality and privacy
- K6. the effects of different cultures and religions on nutrition, timing of meals, eating patterns
- K7. the importance of encouraging individuals to ask questions, and how to do so
- K8. how to create a suitable environment for open and confidential discussion
- K9. the importance of involving individuals in discussions, and how to do so
- K10. the details of the local registered dietitian
- K11. the range of services locally and nationally for people who need information and support in making and maintaining changes in their behaviour, and how to access them

- K12. the importance of obtaining full and accurate information about individuals, and how to do so
- K13. the models used in developing weight and nutritional management plans for individual
- K14. motivational interviewing techniques, and how to apply them
- K15. anatomy and physiology and their relevance to maintaining optimum nutritional status
- K16. the organs of the human body and their functions
- K17. how to take the relevant measurements of an individual and the importance of these measurements in relation to weight and nutrition management
- K18. how to interpret measurements taken from an individual to inform the type of support you provide
- K19. the meaning of lipid levels
- K20. the importance of waist circumference and skin fold thickness in relation to dietary

change

K21. the nutritional values attributed to different food groups

K22. the content of an ideal nutritional plan for specific circumstances of the individual

K23. the healthier options within different food groups

K24. different cooking methods

K25. the effects and side effects of additives and preservatives

K26. cultural diversity and how that may impact upon the nutritional plan

K27. the considerations of financial/social circumstances on nutritional intake

K28. the impact of additional medical conditions on nutritional intake

K29. the relationship between exercise and weight management

K30. how to maintain a food diary and review it

K31. how to complete and safely store all relevant documentation in accordance with organisational requirements

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Provide information and advice to individuals on eating to maintain optimum nutritional status



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