NCFE Level 2 Certificate in the Principles of Care Planning

**Assessment 2a**

**Learner contact details:**

**Name:**

**Contact address:**

**Postcode:**

**Contact number:**

**Email:**

**Learner declaration**

**I can confirm that the answers in Assessment 2a were completed by me, represent my own ideas and are my own work.**

**Learner signature: Date:**

**If you need any help in completing these assessments, refer to the relevant section within Workbook 2, or contact your Assessor/Tutor.**

**Question 1. Explain importance of a balanced diet.**

**Question 2. Explain the impact of poor diet on health and well-being.**

**Question 3. Outline current government nutritional guidelines for a balanced diet.**

**Question 4. List the main food groups.**

**Question 5. For each essential nutrient, identify two main sources.**

Protein

Carbohydrate

Fats

Vitamin A

Vitamin B

Vitamin B12

Vitamin C

Vitamin D

Calcium

Iron

Potassium

Sodium Chloride

Magnesium

Zinc

**Question 6. Identify instances where individuals have special dietary requirements.**

**Question 7. Outline a diet for an individual with special dietary needs.**

**Question 8. Outline the potential risks of not following a special diet.**

**Question 9. Outline factors that may affect nutritional intake for individuals.**

**Questions 10. Describe how a healthy diet can be adapted for different groups.**

**Question 11. Explain why it is important to incorporate the individual’s won dietary needs and preferences.**

**Question 12. Outline ways that others can be supported to understand a healthy diet for individuals.**

**Question 13. Explain the importance of hydration.**

**Question 14. Outline the signs of dehydration.**

**Question 15. Explain the impact of dehydration on health and well-being.**

**Question 16. Outline the factors that may affect hydration.**

**Question 17. Describe how hydration can be promoted for different groups.**

**Question 18. List the signs of malnutrition.**

**Question 19. Describe the risk factors that may lead to malnutrition.**

**Question 20. Outline ways of increasing the nutritional density of foods and drinks through fortification.**

**Question 21. Outline appropriate use of nutritional supplements.**

**Question 22. Outline own responsibilities in relation to screening and monitoring nutrition and hydration with the individual.**

**Question 23. Explain how a care plan is used to plan, monitor and record nutrition and hydration for an individual.**

Planning

Monitoring

Recording

**Question 24. Explain actions to take when there are concerns about the nutrition and hydration of individuals.**

**Well done!**

**You have completed your Assessment 2a. Please check that you have answered all the questions and signed the learner declaration on the front page before submitting to your Assessor/Tutor.**