

## 5.1.10 Nutrition, Diet and Mealtimes

### Relevant Legislation

Health and Social Care Act 2008 (Regulated Activities) Regulations 2014 ,

Regulation 14: Meeting Nutritional and Hydration Needs,

Food Safety Act 1990

Food Information Regulations 2014

Food Hygiene (England) Regulations 2013.

Regulated Services (Service Providers and Responsible Individuals) (Wales) Regulations 2017 and accompanying statutory guidance particularly:

Regulation 15: Personal Plan

Regulation 21: Standards of Care and Support

Regulation 55: Supplies,

Regulation 56: Hygiene and Infection Control

### Relevant Chapters

Please refer to 1.9.3 Nutrition Diet and Catering

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### 1. Meal planning

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- a. Ask and take account of what parents, previous carers and children say about foods they like and dislike and what allergies or other health care needs they may have which may impact on their diet;
- b. Find out about special requirements; for example, food needing to be cut up, special dishes, cutlery or assistance the children may require;
- c. Provide food which is nutritious, balanced and varied;
- d. Cater for culture, age, medical needs and choice;
- e. Cater for individual needs;

- f. Involve children, as far as possible, in menu planning, choice and purchase of food;
- g. Ensure adequate and appropriate drinks are available at all times;
- h. Present food in attractive and appetising ways.

## **2. At Mealtimes**

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1. Staff/carers should sit with children, not at separate tables;
2. Provide enough time for children to eat their meal comfortably;
3. Serve slow eaters first to allow them more time;
4. Make mealtime a relaxed, social event when the day can be talked about;
5. Promote independence with sensitive one to one help where necessary;
6. Consider children who may require some privacy or may need to be separated while eating.

## **Revision History**

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Date last updated: August 2020

Date of next review: August 2021

Date of release: December 2018

**End**