



Acute Training Solutions

Nutrition & Hydration

Person Centred Care Planning

On your own answer each question based upon your own personal needs, wishes and requirements for nutrition and hydration.

What foods do you like to eat?	
What foods do you not like to eat?	
How do you like your food cooked? Oven, fried, steamed, well-done or rare	
Where do you like to eat your food? – Dining room, at a table, on your lap, in peace or with others	
Who do you like to eat your food with?	
How do you like to eat your food?	
Do you have any traditions regarding food or preferences depending upon seasons?	
What would be the worst thing that a Chef or food preparer could do with regards to your food?	



What drinks do you like?	
What drinks do you not like?	
How do you like your drinks to be prepared?	
Where do you like to have your drinks?	
Who do you like to drink with?	
How do you like to drink your drinks?	
Do you have any traditions regarding drinks or preferences depending upon seasons?	
What would be the worst thing that a care or support worker could do with regards to your drinks?	

Now that you have answered all these questions, do you know the answer to these for your service users and the individuals you work with? How do you think their lives would change if we did know more about their eating and drinking wishes?