



FlexiLearnHub

Knowledge Hub

Professional Resources for Care, Catering & Hospitality

FREE PROFESSIONAL RESOURCE

Encouraging Good Nutrition in Care Settings

A Professional Awareness Guide for Care Staff

Knowledge Hub Resource 008

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www.flexilearnhub.com

Part of the FlexiLearnHub Professional Knowledge Lib

About This Resource

Encouraging Good Nutrition in Care Settings

A Professional Awareness Guide for Care Staff

Supporting Health, Wellbeing and Person-Centred Care

Good nutrition plays an important role in maintaining health, wellbeing and quality of life. In care settings, providing balanced, enjoyable meals and encouraging individuals to eat well can help support physical health, independence and overall wellbeing.

This guide has been developed by **FlexiLearnHub** to provide professional awareness of the importance of good nutrition in care settings. It complements workplace training and should be used alongside organisational policies, documented care plans and guidance from appropriately qualified healthcare professionals.

Purpose of this Resource

This guide has been designed to help readers:

- ✓ Understand why good nutrition is important in care settings.
 - ✓ Appreciate the role of care staff in encouraging healthy eating.
 - ✓ Recognise the importance of person-centred mealtime support.
 - ✓ Understand the value of observation, communication and teamwork.
 - ✓ Promote positive mealtime experiences that support dignity and wellbeing.
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Suitable For

- Care Assistants
 - Senior Carers
 - Nurses
 - Care Home Managers
 - Support Workers
 - Healthcare Assistants
 - Catering Teams
 - Family Carers
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Important Information

This guide provides professional awareness only. Care staff should always follow the individual's documented care plan, organisational policies and procedures when supporting nutrition. Any concerns regarding an individual's eating, nutritional wellbeing or general health should be reported promptly in accordance with local procedures.

Continue Learning

Expand your knowledge through the **FlexiLearnHub Nutrition & Hydration in Care Settings (CPD Accredited)** course, along with our growing range of professional awareness guides and CQC-aligned online training.

Visit:

www.flexilearnhub.com

Why Good Nutrition Matters

The Importance of Good Nutrition

Good nutrition is essential for maintaining health, strength and overall wellbeing. Eating a balanced diet helps provide the body with the energy and nutrients it needs to support everyday activities, maintain independence and promote a good quality of life.

In care settings, encouraging individuals to enjoy regular, nutritious meals is an important part of delivering safe, person-centred care.

Benefits of Good Nutrition

A healthy, balanced diet can help support:

-  Overall health and wellbeing.
-  Strength and energy for everyday activities.
-  Normal body functions.
-  Concentration and general wellbeing.
-  Enjoyment of meals and social interaction.

While every individual has different nutritional needs, good nutrition forms an important part of maintaining health throughout life.

Everyone Is Different

Each individual has their own dietary needs, food preferences and cultural or religious considerations.

Some people may require additional support at mealtimes, while others may have specific dietary requirements identified within their care plan.

Care staff should always respect individual choices and provide support in accordance with the documented care plan and organisational procedures.

Good Practice

Care staff should:

- ✓ Encourage enjoyable and relaxed mealtimes.
 - ✓ Respect personal food preferences where appropriate.
 - ✓ Promote independence whenever it is safe to do so.
 - ✓ Follow the individual's documented care plan.
 - ✓ Work closely with colleagues to provide consistent support.
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Remember

Good nutrition is about more than simply providing food. It is about supporting health, dignity, independence and quality of life through enjoyable, person-centred mealtime experiences.

Good Practice Reminder

Supporting good nutrition means promoting:

 **Health**

 **Wellbeing**

 **Enjoyment**

 **Choice**

 **Person-Centred Care**

Encouraging Healthy Eating

Supporting Positive Mealtime Experiences

Mealtimes should be welcoming, relaxed and enjoyable. A calm environment, attractive food presentation and respectful support can encourage individuals to eat well and enjoy their meals.

Every individual should be treated with dignity, patience and respect, with support provided according to their documented care plan and personal preferences.

Encouraging Healthy Eating

Care staff can help promote good nutrition by:

- ✓ Offering meals in a calm and comfortable environment.
 - ✓ Encouraging individuals to eat at their own pace.
 - ✓ Respecting food preferences, cultural traditions and religious requirements.
 - ✓ Supporting independence wherever it is safe and appropriate.
 - ✓ Working closely with catering teams to promote enjoyable mealtimes.
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The Importance of Choice

Providing choice helps individuals remain involved in decisions about their meals.

Where appropriate, offering options for meals, drinks and portion sizes can encourage a more positive dining experience and support person-centred care.

Respecting individual preferences helps maintain dignity and promotes wellbeing.

Good Practice

Care staff should always:

- ✓ Follow the individual's documented care plan.
- ✓ Encourage rather than rush.
- ✓ Promote independence where appropriate.
- ✓ Create a positive and welcoming dining environment.
- ✓ Communicate effectively with colleagues to provide consistent support.

Remember

Enjoyable mealtimes are about more than nutrition. They provide opportunities for social interaction, independence, dignity and personal choice, all of which contribute to overall wellbeing.

Good Practice Reminder

Supporting healthy eating means promoting:

 **Choice**

 **Dignity**

 **Enjoyment**

 **Independence**

 **Person-Centred Care**

Working Together

Providing nutritious meals is a team effort. Care staff, catering teams, nurses, managers and other healthcare professionals all contribute to creating positive mealtime experiences.

By communicating effectively and following agreed care plans, teams can help ensure individuals receive consistent, high-quality nutritional support.

Observation, Communication and Person-Centred Care

Remaining Observant at Mealtimes

Care staff play an important role in noticing changes in an individual's usual eating habits or appetite. Being observant during meals helps ensure that any concerns are recognised early and shared with the appropriate member of the care team.

Regular observation, combined with good communication, supports safe, person-centred care and helps maintain continuity of support.

Working Together

Providing good nutritional support is a shared responsibility.

Care assistants, senior carers, nurses, catering teams, managers and healthcare professionals all contribute to helping individuals receive appropriate nutritional support in accordance with their documented care plans.

Good communication between team members helps ensure that everyone is working towards the same goal—supporting the individual's health, wellbeing and quality of life.

Recording and Reporting

Where required by your organisation, relevant observations should be recorded accurately and reported promptly using agreed procedures.

Examples may include:

- ✓ Changes in appetite.
- ✓ Reduced interest in meals.
- ✓ Concerns raised by the individual.
- ✓ Any significant changes observed during mealtimes.

Accurate record keeping helps maintain continuity of care and enables the wider care team to review any concerns appropriately.

Good Practice

Care staff should always:

- ✓ Remain observant during and after meals.
 - ✓ Encourage healthy eating in accordance with the care plan.
 - ✓ Report concerns promptly using agreed procedures.
 - ✓ Record relevant observations where required.
 - ✓ Work closely with colleagues to provide consistent, person-centred support.
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Remember

Good nutrition is supported through observation, communication and teamwork. By sharing information appropriately and following agreed care plans, care staff help promote safe, consistent and person-centred care.

Good Practice Reminder

Excellent nutritional support includes:

 **Observation**

 **Communication**

 **Accurate Recording**

 **Teamwork**

 **Person-Centred Care**

Supporting Quality Care Every Day

Encouraging good nutrition is an ongoing part of everyday care. By remaining observant, communicating effectively and working together, care teams help create positive mealtime experiences that support health, dignity and overall wellbeing.

Continue Your Learning

Continuing Professional Development

Good nutrition is a fundamental part of delivering safe, compassionate and person-centred care. By encouraging healthy eating, respecting individual preferences and following agreed care plans, care staff help support health, wellbeing and quality of life.

Continuing professional development enables care teams to build confidence, improve everyday practice and provide the highest standards of nutritional support.

Continue Your Learning with FlexiLearnHub

Expand your knowledge through our growing range of CPD-accredited and CQC-aligned online training courses, including:

- ✓ Nutrition & Hydration in Care Settings
- ✓ Dysphagia Awareness & the IDDSI Framework
- ✓ Advanced IDDSI Level 4 Professional Purée Presentation & Plating
- ✓ Food Safety & Hygiene Level 2
- ✓ HACCP Level 2
- ✓ Infection Prevention & Control
- ✓ Dementia Awareness
- ✓ End of Life Care Awareness

Designed to support continuous professional development, workplace compliance and excellence in care and catering.

Related Knowledge Hub Resources

Continue exploring the **FlexiLearnHub Knowledge Hub**, including:

Nutrition & Hydration Resources

Resource 007

Preventing Dehydration in Care Settings – A Professional Awareness Guide for Care Staff

Resource 008

Encouraging Good Nutrition in Care Settings – A Professional Awareness Guide for Care Staff

Dysphagia & IDDSI Awareness Series

 Resource 002 – Understanding the IDDSI Framework

 Resource 003 – Recognising the Signs of Dysphagia

 Resource 004 – Supporting Safe Mealtimes for People with Dysphagia

 Resource 005 – Texture-Modified Food Awareness

 Resource 006 – Helping Someone Eat and Drink Safely

Our Knowledge Hub continues to grow with free professional resources designed to support best practice across the care, catering and hospitality sectors.

Visit FlexiLearnHub

Explore our free professional resources and CPD-accredited online training at:

www.flexilearnhub.com

About FlexiLearnHub

FlexiLearnHub provides professional online training, downloadable workplace resources and practical awareness guides for the care, catering and hospitality sectors.

Our mission is to make high-quality learning accessible, practical and affordable while supporting safer workplaces, continuous professional development and excellence in care.



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