Oliver is 2 and goes to nursery. He is learning how to feed himself with cutlery but sometimes needs support.



Put on your PPE

Take Oliver to the dining room for lunch Support Oliver in choosing what he would like for lunch

Help Oliver to carry his tray to the table Support Oliver by cutting up his food into smaller portions

Encourage Oliver to eat and drink Ask Oliver if he has finished and if he needs anything else

Help Oliver clean him self after eating and to tidy away his equipment Equipment needed:

PPE Tray

Sectioned plate

Non-spill cup

Joan is 82 and lives in a care home. She has dementia and sometimes forgets to eat. She also gets confused about where lunch is served and has recently had a fall.



Put on your PPE

Find Joan and take her to the dining room for lunch

Support Joan in choosing what she would like for lunch

Carry her tray to the table Encourage Joan to eat and drink



Anna is 30 and is staying in hospital after an operation. She is unable to leave the bed so is having her meals brought to her.



Put on your PPE

Support Anna in ordering what she would like for lunch

Provide Anna with her lunch on a tray

Support Anna if she has any difficulty putting food onto her cutlery

Ensure Anna has access to a drinking system so she can drink independently

Ask Anna if she has finished and if she needs anything else

Remove the empty tray and equipment Help Anna clean herself after eating

Equipment needed:

PPE

Tray

Plate

Cutlery

Drinking system