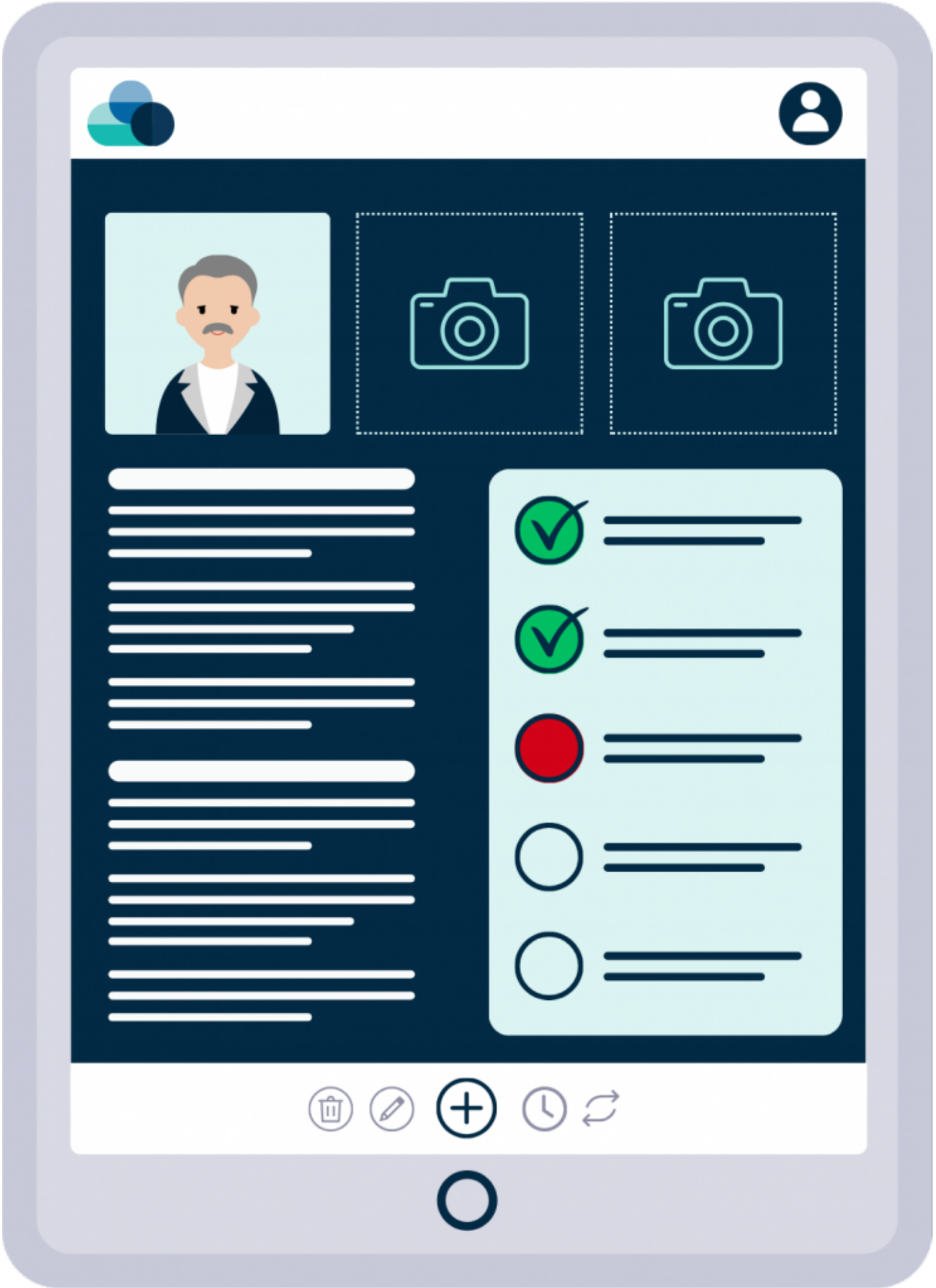
Food Intake Scoring

Monitoring Windows · https://cclearninghub.co.uk/docs/food-intake-scoring/

Food Intake Scoring

This guide will cover how Food Intake monitoring is scored. These ratings are a rough metric to help understand service user food consumption.



1

As different meals have different calorific content (due to meal size), the Food Intake on Care Control tries to balance the
value of the meals consumed to get a fair score. This score is simply a metric. A target of 9 would be a fair score to
represent the food offered has been consumed to a reasonable level.

It is a very broad measure, but it is a measure that can be simply calculated based on what the care staff record. However,
it does not replace an accurately measured calorific diet planned by a nutritionist.

2

Meal Type	Food Intake Multiplier
Breakfast	0.75
Lunch	1.25
Lunch - Vegetarian	1.25
Lunch - Dessert	0.5
Dinner	1
Dinner - Vegetation	1
Dinner - Dessert	0.5
Supper	0.5
Other	1
Morning Tea	0.25
Afternoon Tea	0.25

multiplier to the table values below to give a

Meal Result	Meal Result Description
0	Offered, not eaten
0.5	Small amount eaten
1	Quarter of the meal eaten
2	Half the meal eaten
3	3/4 of the meal eaten
4	All of the meal eaten

3

When a meal is recorded on Care Control, the amount of the meal consumed is recorded. The score associated is then multiplied by the meal type score above.

4

Meal	Amount Eaten	Base Score	Multiplier	Total
Breakfast	All eaten	0.75	4	3
Lunch	1/2 eaten	1.25	2	2.5
Dinner	Not eaten	1	0	0
			Total	5.5

amounts consumed.