

Unit Title: Preparing Nutritious Food For Children And Young People
Unit Level: Entry 3
Unit Credit Value: 4
GLH: 40
LASER Unit Code: WJC332
Ofqual Unit Code: D/506/0967

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand that some people cannot, or do not, eat certain foods.	1.1	Identify two food allergies.
		1.2	Identify the effects of these food allergies.
		1.3	Identify two religious/cultural rules in relation to food.
2.	Understand what constitutes a balanced diet for a child/young person.	2.1	Identify the main nutrients needed by a child/young person.
		2.2	Identify, from a given range, examples of foods that contain these main nutrients.
		2.3	Identify, from given sets, the main nutrients and their basic functions.
		2.4	Design nutritious menus for children and/or young people of at least two different ages.
3.	Be able to prepare nutritious food, safely and hygienically, taking account of Health and Safety regulation.	3.1	Demonstrate how to prepare a nutritious meal for a child and/or young person safely and hygienically.
4.	Be able to store food safely and hygienically.	4.1	Demonstrate how one item of cooked food and one item of fresh food should be stored.
5.	Know how to present food in a way that is attractive to children and young people.	5.1	State two ways to present food in a way that is attractive to children/young people (for example, use menus and illustrations to show how colour, texture, taste and smell can contribute to presenting attractive food).

Assessment Guidance:

NA

Additional Information:

NA