

Unit Title: Healthy Eating For Children
Unit Level: Level 1
Unit Credit Value: 3
GLH: 30
LASER Unit Code: WJC567
Ofqual Unit Code: L/506/0589

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know the importance of healthy diets for children.	1.1	Outline food sources of key nutrients.
		1.2	State how children may be affected by an unhealthy diet.
2.	Know how to encourage children to eat healthily.	2.1	State ways to encourage children to eat healthily.
3.	Understand how to wean a baby.	3.1	Outline how to begin weaning.
		3.2	Identify foods which should be avoided until a baby is over 12 months.
4.	Know how to care for children's teeth.	4.1	State ways to keep children's teeth healthy.
5.	Know how to use healthy eating guidance to plan menus for children.	5.1	Plan a day's menu for a child using healthy eating guidance.

Assessment Guidance:

NA

Additional Information:

NA
