

**Unit Title:** Food And Nutrition For Children  
**Unit Level:** Entry 3  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** WJD322  
**Ofqual Unit Code:** A/505/1578

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about a balanced diet.	1.1	Identify some of the main nutrients.
		1.2	Identify examples of foods that contain the main nutrients.
		1.3	Identify the basic functions of the main nutrients.
		1.4	Identify suitable foods for children of different ages.
2.	Know about food allergies and their effects.	2.1	Identify food allergies.
		2.2	Identify the effects of the identified food allergies.
3.	Know about the food restrictions that affect the diets of religious and cultural groups.	3.1	Identify the food restrictions that affect the diets of different: a) religious groups b) cultural groups.

**Assessment Guidance:**

NA

**Additional Information:**

NA