

**Unit Title:** Food And Nutrition For Children  
**Unit Level:** Level 2  
**Unit Credit Value:** 3  
**GLH:** 24  
**LASER Unit Code:** WJD533  
**Ofqual Unit Code:** F/505/1579

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know the nutritional value of common foods for children.	1.1	Give examples of balanced menus suitable for a range of ages.
		1.2	Outline the nutritional value of given meals and portions of food for children.
		1.3	Describe suitable portion sizes for children at different stages of development.
2.	Know other considerations to take account when preparing food for children.	2.1	Describe ways in which children's food can be attractively presented.
		2.2	Give examples of cultural and religious variations in: a) types of food b) preparation c) utensils d) eating habits.
3.	Know the importance of food safety in relation to the preparation and storage of food for children.	3.1	Give examples of basic food safety principles.
		3.2	Describe the health and safety requirements and legislation in relation to food preparation and storage.

<b>Assessment Guidance:</b>
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<b>Additional Information:</b>
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