

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Food and Nutrition for Children
Unit Reference Number:	J/615/9194
Level:	Level 2
Credit Value:	3
Minimum GLH:	24

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (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

The contents of this unit could be linked to [The Care Certificate Standards](#)

LO1 1.1 Give examples of balanced menus suitable for a range of ages. This can be mapped over with Element 8 8.1d Explain how to promote adequate nutrition and hydration.

LO3 3.2 Describe the health and safety requirements and legislation in relation to food preparation and storage. This can be mapped over with Element 8 8.1a Describe the importance of food safety, including hygiene, in the preparation and handling of food.