

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Food and Nutrition for Children
Unit Reference Number:	H/615/6366
Level:	Entry 3
Credit Value:	3
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (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