

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Supporting Healthy Lifestyles in Children

Unit Reference Number: D/651/2889

Level: Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 18

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the importance of a healthy balanced diet for children	1.1 Explain the importance of healthy eating in children
	1.2 Give an example of a healthy balanced diet using current dietary guidance for early years
	1.3 Demonstrate sharing information with parents/carers around the importance of healthy balanced diets
2. Understand the importance of being physically active for children	2.1 Explain the importance of physical activity in the development of children
	2.2 Demonstrate sharing information with parents/carers around being physically active
3. Understand the importance of looking after teeth and oral health for children	3.1 Explain the importance of looking after teeth and oral health
	3.2 Demonstrate sharing information with parents/carers around looking after teeth and oral health

Indicative Content	
LO1	<p>1.1 Learners should be able to explain the importance of health eating for children to support their growth and development. This can be evidenced through verbal and written assessments.</p> <p>1.2 Learners must give an example of a healthy balanced diet using current dietary guidance for early years. This could include a weekly eating plan, considering children's allergies and stages of development.</p>

	<p>1.3 Learners should be able to show how they share information with parents/carers around the importance of health balanced diets. This could include (but not limited to) parent/carer's health eating sessions, leaflets and eating plans.</p>
LO2	<p>2.1 Learners must explain the importance of physical activity in the development of children. They should consider the developmental stage of the child when suggesting examples of physical activities, and consider other factors such as equipment, indoor or outdoor activities as well as assessing risk associated with activities.</p> <p>2.2 Learners should be able to show how they share information with parents/carers around the importance of physical activity. This could include (but not limited to) parent/carer's information sessions on physical activities for children, leaflets and activity suggestions.</p>
LO3	<p>3.1 Learners must explain the importance of looking after teeth and oral care for children. They should consider the developmental stage of the child when suggesting examples of how to support teeth and oral health.</p> <p>3.2 Learners should be able to show how they share information with parents/carers around the importance of looking after teeth and oral care for children. This could include (but not limited to) parent/carer's sessions on supporting oral health in children, leaflets and activity suggestions.</p>