

Title	Demonstrate knowledge of the basic needs and nutrition that support young children’s holistic wellbeing and development		
Level	2	Credits	4

Purpose	<p>People credited with this unit standard are able to: describe the basic needs of young children; and demonstrate knowledge of age-related food requirements relevant to healthy eating for young children.</p> <p>This unit standard has been developed primarily for assessment within programmes leading to the New Zealand Certificate in Early Childhood Learning and Care (Level 2) [Ref: 2848].</p> <p>This unit standard is an introduction to early childhood learning and life skills. It is designed for people who care for young children in parenting roles, or as support for carers of infants, toddlers and/or young children in a supervised environment.</p>
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Classification	Early Childhood Education and Care > Early Childhood: Educational Theory and Practice
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Available grade	Achieved
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Guidance Information

- 1 All activities associated with this unit standard must accommodate differing cultural attitudes and approaches to parenting styles, child rearing practices and care of children.
- 2 All people concerned with the teaching/learning and assessment relating to this unit standard must be aware of, and respect, any issues of privacy and confidentiality. Such issues must be treated sensitively, recognising that there may be personal information and some subjective judgement involved.
- 3 **Definitions**
Environmental influences refer to socio-economic, legal, physical and/or geographic, cultural including whānau/families.
Four major food groups refer to those defined in the Ministry of Health’s food and nutrition guidelines – vegetables and fruit; breads and cereals; milk and milk products (or suitable alternatives); lean meat, poultry, seafood, eggs, legumes, nuts and seeds.
Holistic wellbeing refers to a child’s physical, social, spiritual, mental and emotional state, with a focus on the child as a whole and not just the individual parts.

Whānau/families may be parents, guardians, or members of the extended family who have an interest in the child.

Young children in this standard refers to an infant, toddler or young child from birth to school entry age. There are three overlapping 'broad age groups' for children as defined in *Te Whāriki* as:

infant – birth to 18 months;

toddler – one year to three years;

young child – two and a half years to school entry age.

4 Legislation and Conventions include but are not limited to:

Care of Children Act 2004

Food Act 2014

Human Rights Act 1993

United Nations Convention on the Rights of the Child (UNCRC) 1989

Vulnerable Children Act 2014

and subsequent amendments.

5 References

Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0-2): (4th ed). (Wellington: Ministry of Health, 2008); available at

<http://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-infants-and-toddlers-aged-0-2-background-paper-partially>.

Food and Nutrition Guidelines for Healthy Children and Young People (Aged 2-18 years): (Wellington: Ministry of Health, 1997 – partially revised February 2015)

available at <http://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-children-and-young-people-aged-2-18-years-background-paper>.

HealthEd, *Eating for Healthy Babies and Toddlers/Ngā kai tōtika mō te hunga kōhungahunga*, available at <https://www.healthed.govt.nz/resource/eating-healthy-babies-and-toddlersng%C4%81-kai-t%C5%8Dtika-m%C5%8D-te-hunga-k%C5%8Dhungahunga>.

HealthEd, *Eating for Healthy Children aged 2 to 12/Ngā Kai Tōtika mō te Hunga Kōhungahunga*; available at <https://www.healthed.govt.nz/resource/eating-healthy-children-aged-2-12ng%C4%81-kai-t%C5%8Dtika-m%C5%8D-te-hunga-k%C5%8Dhungahunga>.

Strategies with Kids – Information for Parents (SKIP), *Tips for Parents* available at <https://whanau.skip.org.nz/>.

You and your child, Plunket, available at <http://www.plunket.org.nz/your-child/>.

Children need 6 things to grow into happy capable adults, Strategies with kids – information for parents (S.K.I.P.), available at <http://whanau.skip.org.nz/childrens-needs/>.

6 Recommended skills and knowledge:

Unit 29853, *Demonstrate knowledge of health issues, practices and services to protect and enhance the wellbeing of young children*; and Unit 29857, *Describe patterns of development and learning for young mokopuna/children*.

Outcomes and performance criteria

Outcome 1

Describe the basic needs of young children and associated impacts.

Performance criteria

- 1.1 Basic needs of young children are described in terms of their impact on the health and holistic wellbeing of children.
- Range basic needs include but are not limited to – nurturing, clothing, nutrition, sleep, shelter, bathing, cleanliness; evidence for infant, toddler, young child.
- 1.2 Basic needs of young children are described in terms of how they may impact on learning and development of children.
- Range basic needs include but are not limited to – nurturing, clothing, nutrition, sleep, shelter, bathing, cleanliness; evidence is for young children as a whole group or on a continuum; each of the age categories is not intended to be assessed individually for each basic need.
- 1.3 Environmental influences are described in terms of their impact on the provision of basic needs for young children.
- Range evidence of three environmental influences; evidence is for young children as a whole group or on a continuum; each of the age categories is not intended to be assessed individually.

Outcome 2

Demonstrate knowledge of age-related food requirements relevant to healthy eating for young children.

Performance criteria

- 2.1 Nutritious foods and liquids suitable for healthy eating for young children are identified in accordance with the Ministry of Health's food and nutrition guidelines.
- Range evidence for infant, toddler; evidence of two foods from each of the four major food groups; evidence of recommended and not recommended liquids.
- 2.2 Age-related food requirements for young children are compared in terms of preparation, serving size, and nutritional requirements, and in accordance with the Ministry of Health's food and nutrition guidelines.
- Range evidence for infant, toddler, young child; evidence of three foods.

Replacement information	<p>This unit standard and unit standard 29866 replaced unit standard 10021 and unit standard 26712.</p> <p>This unit standard, unit standard 29854 and unit standard 29856 were replaced by unit standard 32988 and unit standard 32989.</p>
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This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 April 2017	31 December 2025
Review	2	24 February 2022	31 December 2025
Revision	3	25 January 2024	31 December 2025

Consent and Moderation Requirements (CMR) reference	0135
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.