

Title	Demonstrate knowledge of, apply and reflect on age-related nutrition needs for a child in an ECE service		
Level	3	Credits	2

Purpose	<p>People credited with this unit standard are able to: demonstrate knowledge of age-related food requirements relevant to children in an ECE service; plan nutritious meals for a toddler or a young child in accordance with food and nutrition guidelines; prepare and serve a meal for the child, and reflect on learning from the process.</p> <p>This unit standard has been developed primarily for assessment within programmes leading to the New Zealand Certificate in Early Childhood Education and Care (Level 3) [Ref: 2849], and as an option for the New Zealand Certificate in Early Childhood Education and Care (Level 4) [Ref: 2850].</p> <p>This unit standard is an introduction to education and care of children in an ECE service. It is designed for people who intend to work, or are working with, children in an ECE service. People working in the wider education sector may also be interested in this unit standard. This unit standard will prepare people to advance to a higher level of study in early childhood education.</p>
----------------	--

Classification	Early Childhood Education and Care > Early Childhood: Educational Theory and Practice
-----------------------	---

Available grade	Achieved
------------------------	----------

Explanatory notes

- 1 Relevant data about a child may be set by the assessor or negotiated between the assessor and candidate. The data will include preparing and serving requirements that may be real or simulated.
- 2 Candidates for this unit standard should be familiar with the intent of Te Tiriti o Waitangi, which informs guidelines, procedures, and practices in the ECE sector.
- 3 Definitions
Children refers to the three 'broad age groups' as defined in *Te Whāriki* for children. These are overlapping age categories and are defined as:
 infant – birth to 18 months;
 toddler – one year to three years;
 young child – two and a half years to school entry age.

Diverse eating preferences refers to aspects such as fussy eaters or food rejection; special dietary requirements due to food allergies, intolerances, cultural background or medical conditions.

An *Early Childhood Education (ECE) service* may include a centre-based service, hospital-based service, or home-based service. The home-based service may be nominated by the child's parent, be the child's own home, or the home of the educator.

- 4 Legislation and regulations include but are not limited to:
 Education Act 1989
 Education (Early Childhood Services) Regulations 2008
 Food Act 2014
 Food Hygiene Regulations 1974
 Food (Safety) Regulations 2002
 Vulnerable Children Act 2014
 and subsequent amendments.

5 References

Auckland Regional Public Health Service, *Nutrition and healthy eating (including Food for under 5's)*, available from <http://www.arphs.govt.nz/health-information/nutrition-healthy-eating> and <http://www.arphs.govt.nz/nutrition-fact-sheets>.

Heart Foundation, *Under Fives Nutrition*, available from

<http://www.heartfoundation.org.nz/healthy-living/healthy-eating/under-fives-nutrition>.

Ministry of Education, *Te Whāriki: He Whāriki Mātauranga mō ngā Mokopuna o Aotearoa. Early Childhood Curriculum* (Wellington, Learning Media); available at <http://www.education.govt.nz/early-childhood/teaching-and-learning/ece-curriculum>.

Ministry of Health, *Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0-2): A background paper – partially revised December 2012*. (Wellington: 2008); available at <http://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-infants-and-toddlers-aged-0-2-background-paper-partially>.

Ministry of Health, *Food and Nutrition Guidelines for Healthy Children and Young People (Aged 2-18 years): A background paper* (Wellington: 2015) available at <http://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-children-and-young-people-aged-2-18-years-background-paper>.

Ministry of Primary Industries, *Early Childhood Education Services – Guidance (Food Safety)*, available at <http://www.mpi.govt.nz/food-safety/food-act-2014/resources/>.

Ministry of Primary Industries, *Examples of how the Food Act 2014 applies to Early Childhood Education Services*, available at <http://www.mpi.govt.nz/food-safety/food-act-2014/resources/>.

Outcomes and evidence requirements

Outcome 1

Demonstrate knowledge of age-related food requirements relevant to children in an ECE service.

Range evidence for infants, toddlers, young child.

Evidence requirements

- 1.1 Food and nutrition requirements of children is described in accordance with the Ministry of Health's food and nutrition guidelines.
- 1.2 Age-related foods for children are compared in relation to preparation, serving size and nutritional requirements.

Range evidence of three foods.

Outcome 2

Plan nutritious meals for a toddler or a young child in accordance with food and nutrition guidelines.

Range plan includes meals for three days and includes – breakfast, lunch, dinner, snacks.

Evidence requirements

- 2.1 The meals specified in the plan are in accordance with the Ministry of Health's food and nutrition guidelines.
- 2.2 The meals specified in the plan are in accordance with the particular requirements of the child.

Range particular requirements may include but are not limited to – age, activities, special dietary needs, preferences related to food.

Outcome 3

Prepare and serve a meal for the child, and reflect on learning from the process.

Range appearance and presentation of food, size of serving, balance of food groups.

Evidence requirements

- 3.1 Prepared meal meets the identified food requirements of the child and is served in accordance with the plan.
- 3.2 Learning from the process of planning, preparing and serving the meal is reflected on.

Range includes but is not limited to – strategies for coping with diverse eating preferences;
at least one area of learning for each of planning, preparing, serving the meal.

Replacement information	This unit standard and unit standard 29852 replaced unit standard 26712 and unit standard 10021.
--------------------------------	--

Planned review date	31 December 2021
----------------------------	------------------

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 April 2017	N/A

Consent and Moderation Requirements (CMR) reference	0135
--	------

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMR). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact NZQA National Qualifications Services nqs@nzqa.govt.nz if you wish to suggest changes to the content of this unit standard.