

<b>Title</b>	<b>Demonstrate knowledge of, apply and reflect on age-related nutrition needs for a child in an early childhood setting</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>3</b>

<b>Purpose</b>	<p>People credited with this unit standard are able to: demonstrate knowledge of age-related food requirements relevant to mokopuna/children in an early childhood setting; plan nutritious meals for a toddler or a young child in accordance with Healthy Food and Drink Guidance – Early Learning Services; and prepare and serve a meal for the mokopuna/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 (Introductory Skills) (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 early childhood setting. 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>
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<b>Classification</b>	Early Childhood Education and Care > Early Childhood: Educational Theory and Practice
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 Relevant data about a mokopuna/child may be set by the assessor or negotiated between the assessor and learner. The data will include preparing and serving requirements that may be real or simulated.
- 2 This standard is intended to consider guidance to improve access to healthy food and drinks, as detailed in the Ministry of Health's Healthy Food and Drink Guidance – Early Learning Services, available at <https://www.health.govt.nz/publication/healthy-food-and-drink-guidance-early-learning-services>.

- 3 Learners 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. Assessment evidence for this standard may include examples of the underpinning of Te Tiriti o Waitangi and threading te reo Māori and tikanga Māori through demonstrating knowledge of, applying and reflecting on age-related nutrition needs for mokopuna/children in an early childhood setting.
- 4 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 in this unit standard support needs may be personal and some subjective judgement is involved.
- 5 Definitions  
*Children* refers to the three broad overlapping age ranges for mokopuna/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.  
*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.  
*Early childhood setting* may be a simulated environment and/or a recognised early childhood education (ECE) service, which may include a certificated playgroup or a licensed centre-based service, parent-led service, hospital-based service, home-based service; or culturally based environment. The home-based service may be the child's own home, or the home of the educator.
- 6 Legislation and regulations include but are not limited to:  
Children's Act 2014  
Education and Training Act 2020  
Education (Early Childhood Services) Regulations 2008  
Food Act 2014  
Food Amendment Regulations 2017  
Food Regulations 2015 and subsequent amendments.
- 7 References  
Health Navigator New Zealand, *Food guidelines for kids at EC centres*; available at <https://www.healthnavigator.org.nz/healthy-living/f/food-guidelines-for-kids-at-ece-centres/>.  
Heart Foundation, *Healthy Eating*; available at <https://www.heartfoundation.org.nz/wellbeing/healthy-eating>.  
Heart Foundation, *Healthy food for children*; available from <https://www.heartfoundation.org.nz/professionals/food-industry-and-hospitality/fresh-made>.  
Ministry of Education, *Te Whāriki: He whāriki mātauranga mō ngā mokopuna o Aotearoa Early Childhood Curriculum* (Wellington, 2017); available at <https://www.education.govt.nz/early-childhood/teaching-and-learning/te-whariki/>.  
Ministry of Health, *Healthy Food and Drink Guidance – Early Learning Services*. (Wellington: 2020); available at <https://www.health.govt.nz/publication/healthy-food-and-drink-guidance-early-learning-services>.

Ministry of Health, *Reducing food-related choking or babies and young children at early learning services*; available at <https://www.health.govt.nz/publication/reducing-food-related-choking-babies-and-young-children-early-learning-services>.

Ministry of Primary Industries, *Early Childhood Educators and kōhanga reo – Food Business (including Food Safety tips)*; available at <https://www.mpi.govt.nz/food-business/running-a-food-business/national-programmes-steps/early-childhood-educators-and-kohanga-reo/>.

Ministry of Primary Industries, *Early Learning Services Food Safety Fact Sheet – Puka Korero Pono*; available at <https://www.mpi.govt.nz/dmsdocument/11287-Early-Childhood-Education-Services-Guidance>.

Te Kete Ipurangi (TKI), *Te Whāriki Online*; available at <https://tewhariki.tki.org.nz/>.

## Outcomes and performance criteria

### Outcome 1

Demonstrate knowledge of age-related food requirements relevant to mokopuna/children in an early childhood setting.

Range evidence for infants, toddlers, young child.

#### Performance criteria

1.1 Food and nutrition requirements of mokopuna/children are described in accordance with the Ministry of Health's Healthy Food and Drink Guidance – Early Learning Services.

Range includes but is not limited to – principles of the guidance, food groups, food-related choking, classifying food and drinks.

1.2 Age-related foods for mokopuna/children are compared in relation to preparation and nutritional requirements.

Range evidence of three foods.

### Outcome 2

Plan nutritious meals for a toddler or a young mokopuna/child in accordance with Healthy Food and Drink Guidance – Early Learning Services.

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

#### Performance criteria

2.1 The meals specified in the plan are in accordance with the Ministry of Health's Healthy Food and Drink Guidance – Early Learning Services.

2.2 The meals specified in the plan are in accordance with the particular requirements of the mokopuna/child.

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

**Outcome 3**

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

Range appearance and presentation of food, quantity, balance of food groups.

**Performance criteria**

3.1 Prepared meal meets the identified food requirements of the mokopuna/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, including cultural and individual preferences related to serving and blessing food.

<b>Replacement information</b>	This unit standard and unit standard 29852 replaced unit standard 26712 and unit standard 10021.
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<b>Planned review date</b>	31 December 2026
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	20 April 2017	31 December 2024
Review	2	24 February 2022	N/A

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

**Comments on this unit standard**

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council [qualifications@toitutewaiora.nz](mailto:qualifications@toitutewaiora.nz) if you wish to suggest changes to the content of this unit standard.