

<b>Title</b>	<b>Demonstrate knowledge of age-related food and nutrition relevant to healthy eating for young mokopuna/children</b>		
<b>Level</b>	<b>2</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 healthy eating for young mokopuna/children; and plan nutritious food for three days for a nominated mokopuna/child.</p> <p>This unit standard has been developed primarily for assessment within programmes leading to the New Zealand Certificate in Early Learning and Care (Level 2) [Ref: 4338].</p> <p>This unit standard is an introduction to early 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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<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 Recommended skills and knowledge:  
Unit standard 29853, *Demonstrate knowledge of health issues, practices and services to protect and enhance the wellbeing of young children*; and unit standard 29857, *Describe patterns of development and learning for young mokopuna/children*; or demonstrate equivalent knowledge, skills and experience.
- 2 All activities associated with this unit standard must accommodate differing cultural attitudes and approaches.
- 3 Learners for this unit standard should be familiar with the principles of Te Tiriti o Waitangi - protection, partnership and participation. 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 age-related food and nutrition language and te ao Māori concepts relevant to healthy eating for young mokopuna/children.

- 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 there may be personal information and some subjective judgement involved.
- 5 Relevant data about a nominated mokopuna/child may be set by the assessor or negotiated between the assessor and learner. The mokopuna/child's particular requirements may include but are not limited to – age, nutritional needs, activities; personal needs and preferences related to food.
- 6 Age categories: In this unit standard, the age breakdowns refer to infants and pre-schoolers, based on the Ministry of Health guidelines around Food and Nutrition Guidelines for 0-2 years, and 2-18 years.
- 7 Definitions  
*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.  
*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.
- 8 Legislation and Conventions include but are not limited to:  
Care of Children Act 2004  
Children's Act 2014  
Food Act 2014  
Human Rights Act 1993  
United Nations Convention on the Rights of the Child (UNCRC) 1989 and subsequent amendments.
- 9 References  
Brainwave, *Feeding your baby's brain*; available at <https://brainwave.org.nz/article/feeding-your-babys-brain/>.  
Children's Commissioner, *What do kids need?* available at <https://www.occ.org.nz/our-work/giving2kids/what-kids-need/>.  
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>.  
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-ec-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

<http://www.education.govt.nz/early-childhood/teaching-and-learning/te-whariki/>.

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

Ministry of Health, *Food-related choking in young children*; available at

<https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-eating/food-related-choking-young-children>.

Ministry of Health, *Healthy Food and Drink Guidance – Early Learning Services*.

Wellington: Ministry of Health, 2020, available at

<https://www.health.govt.nz/publication/healthy-food-and-drink-guidance-early-learning-services>.

Ministry of Health, *Reducing food-related choking for 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 for Primary Industries, *Food Safety – Resources*; available at

<https://www.mpi.govt.nz/food-safety-home/food-safety-resources/>.

Plunket - Whānau āwhina, *Caring for your child*; available at

<https://www.plunket.org.nz/caring-for-your-child/>.

Strategies with Kids – Information for Parents (SKIP), *Children need 6 things to grow into happy capable adults*; available at <http://whanau.skip.org.nz/childrens-needs/>.

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

Te Kete Ipurangi (TKI), *Food and nutrition for healthy, confident kids*, and associated resources; available at <https://health.tki.org.nz/Key-collections/Healthy-lifestyles/Food-and-nutrition-for-healthy-confident-kids>.

## Outcomes and performance criteria

### Outcome 1

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

### Performance criteria

1.1 Nutritious foods and fluids suitable for the mokopuna/child's first twelve months are identified in accordance with current food and nutrition guidelines.

Range includes but is not limited to – nutrition for infants; transitioning to solids; recommended and not recommended fluids.

1.2 Nutritious foods and fluids suitable for healthy eating for young mokopuna/children are identified in accordance with current food and nutrition guidelines.

Range evidence for toddler (up to 2 years), pre-school child;  
evidence of two foods from each of the four major food groups;  
evidence of recommended and not recommended fluids.

1.3 Age-related food requirements for young mokopuna/children are compared in terms of preparation, and in accordance with current food and nutrition guidelines.

Range evidence for infants, toddler (up to 2 years), pre-school child;  
evidence of three foods.

1.4 How to minimise the risk of food-related choking in young mokopuna/children is described in accordance with Ministry of Health guidance.

Range includes – range of foods that are more likely to cause choking;  
steps to reduce the risk of choking.

**Outcome 2**

Plan nutritious food for three days for a nominated mokopuna/child.

Range the three days include at least one weekday and one weekend day (Saturday or Sunday).

**Performance criteria**

2.1 The food specified by the plan is consistent with the relevant food and nutrition guidelines.

2.2 The food specified by the plan is consistent with the particular nutritional requirements of the nominated mokopuna/child and accommodates the diverse eating preferences.

<b>Replacement information</b>	This unit standard and unit standard 32988 replaced unit standard 29852, unit standard 29854 and unit standard 29856.
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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	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>.

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### 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.