

Unit 19:

Support Children at Meal or Snack Times

Unit reference number: T/506/1249

QCF level: 2

Credit value: 3

Guided learning hours: 18

Unit aim

The aim of this unit is to provide the knowledge, understanding and skills required to support children at meal or snack times. It covers the principles of healthy eating and requires demonstration of competence in supporting hygiene and positive behaviour at meal and snack times.

Unit assessment requirements/evidence requirements

AC 1.2 Provide **three** examples of healthy meals and **three** examples of healthy snacks.

AC 6.2 **Positive behaviour** must include table manners.

This unit must be assessed in the workplace.

This unit must be assessed in accordance with the Early Years Educator Qualifications Assessment Principles.

Learning outcomes and assessment criteria

To pass this unit, the learner needs to demonstrate that they can meet all the learning outcomes for the unit. The assessment criteria determine the standard required to achieve the unit.

Learning outcomes		Assessment criteria			Evidence type	Portfolio reference	Date
1	Know the principles of healthy eating for children	1.1	Outline the nutritional requirements of a healthy diet for children				
		1.2	Describe examples of healthy meals and snacks for children				
		1.3	Describe how culture, religion and health conditions impact on food choices				
2	Know the benefits of healthy eating for children	2.1	Describe the benefits of healthy eating for children				
		2.2	Describe the possible consequences of an unhealthy diet				
		2.3	Identify sources of information and advice on dietary concerns				
3	Know how to recognise and respond to allergenic reactions to food	3.1	Describe how to recognise allergenic reactions to food				
		3.2	Describe how to deal with allergenic reactions to food				
4	Be able to encourage children to make healthier food choices	4.1	Review the effectiveness of the food policy of own setting in encouraging children to make healthier food choices				
		4.2	Plan strategies for encouraging children to: <ul style="list-style-type: none"> • Make healthier food choices • Eat the food provided for them 				

Learning outcomes		Assessment criteria		Evidence type	Portfolio reference	Date
5	Be able to support hygiene during meal or snack times	5.1	Model good hygiene practice in relation to own role in food handling and waste disposal			
		5.2	Plan strategies for encouraging children's personal hygiene at meal and snack times			
6	Be able to support the code of conduct and policies for meal and snack times	6.1	Describe the setting's code of conduct and policies for meal and snack times			
		6.2	Apply skills and techniques for supporting and encouraging children's positive behaviour in the dining area			
		6.3	Apply skills and techniques for dealing with inappropriate behaviour in the dining area			

Learner name: _____ Date: _____

Learner signature: _____ Date: _____

Assessor signature: _____ Date: _____

Internal verifier signature: _____ Date: _____
(if sampled)