

EYP 9: Support well-being of babies and young children for healthy lifestyles

Unit reference	F/617/2638	Unit level	2
Credit value	2		
Guided learning	16		
Unit aim	This unit provides the learner with the knowledge, understanding and skills to support well-being of babies and young children for healthy lifestyles.		

Learner name:		Centre no:	
PIN:		ULN:	

Learning outcomes 3 and 6 must be assessed in a real work environment

Learning outcomes The learner will:	Assessment criteria The learner can:	Evidence record e.g. page number & method	Assessor judgement achieved Initial and date
1. Understand the impact of food and nutrition on children's health and development	1.1 Summarise current dietary guidance for Early Years Settings		
	1.2 Explain the importance of a healthy balanced diet for babies and young children		
2. Understand healthy balanced diets and hydration	2.1 Explain the nutritional value of the main food groups		
	2.2 Describe importance of hydration for babies and young children		
	2.3 Explain strategies to encourage healthy eating		

Learning outcomes 3 and 6 must be assessed in a real work environment			
Learning outcomes The learner will:	Assessment criteria The learner can:	Evidence record e.g. page number & method	Assessor judgement achieved Initial and date
3. Be able to support the nutrition and hydration of babies and young children in an Early Years Setting	3.1 Promote health and well-being in settings by encouraging babies and young children to consume healthy and balanced meals, snacks and drinks appropriate for their age		
	3.2 Share information with parents/carers about the importance of healthy balanced diets for nutrition, well-being and oral health		
4. Understand the impact of health and well-being on babies and young children's development	4.1 Explain the impacts of poor diet on babies and young children's health, development and well-being in the: <ul style="list-style-type: none"> • short-term • long-term 		
	4.2 Explain how emotional resilience/mental health impacts upon holistic well-being		
5. Understand individuals' dietary requirements and preferences	5.1 Identify reasons for: <ul style="list-style-type: none"> • special dietary requirements • keeping and sharing coherent records with regard to special dietary requirements 		
	5.2 Explain the role of the Early Years Practitioner in meeting children's individual dietary requirements and preferences		

Learning outcomes 3 and 6 must be assessed in a real work environment			
Learning outcomes The learner will:	Assessment criteria The learner can:	Evidence record e.g. page number & method	Assessor judgement achieved Initial and date
	5.3 Describe benefits of working in partnership with parents/carers in relation to special dietary requirements		
6. Be able to support healthy eating in an Early Years Setting	6.1 Plan an activity to support healthy eating in own setting		
	6.2 Implement an activity to support healthy eating in own setting		
	6.3 Reflect on own role when supporting healthy eating in own setting		
	6.4 Make recommendations for healthy eating in own setting		