



Level 2 Children's Care, Play, Learning and  
Development: Core

# Unit 002 Nutrition and hydration

Guidance for delivery

## Guidance for Tutors and Assessors

In Wales, there is a programme called **NUTRITION SKILLS FOR LIFE™** delivered by a network of Public Health Dietitians. Public Health Dietitians can provide expert knowledge and guidance on nutrition and hydration for children and young people.

For more information contact **Lisa Williams**, All Wales Nutrition Training Facilitator on:



Tel : 02920 668089



Email: [Lisa.Williams16@wales.nhs.uk](mailto:Lisa.Williams16@wales.nhs.uk)



Website: <https://www.publichealthnetwork.cymru/en/topics/nutrition/nutrition-skills>

# Guidance for Tutors and Assessors



## Essential Reading:

Welsh Government (2018). Food and Nutrition in Childcare Settings: Best Practice Guidance. Available from:



<http://bit.ly/33pZAcI>

Welsh Government (2014). Healthy eating in maintained schools: statutory guidance for local authorities and governing bodies. Available from:



<http://bit.ly/2nV5XUq>

Public Health England (2016). Guidance: The Eatwell Guide. Available from:



<http://bit.ly/2nLyw6S>

The NHS Choices website also contains useful background reading on a balanced diet – see:



<http://bit.ly/2mZCety>

Assessment criteria (AC)	<b>Assessment Guidance</b> <b>Learning Outcome 7: The learner will understand the importance of nutrition and hydration for the health and well-being of children.</b> <b>The learner will be assessed on:</b>	Supporting material	Suggested learning activities for learner to complete
7.1	<p><b>What is meant by the terms ‘nutrition’ and ‘hydration’</b></p> <p>The learner will know that water is essential for life and it is important for children to have the right amount of fluid to be healthy – this is referred to as ‘hydration’. Water makes up a large proportion of the body and the brain and if children don’t drink enough fluid, or lose fluids and don’t replace them, they can become ‘dehydrated’.</p> <p>The amount of fluid we need varies from person to person and depends on many things including the weather, age, physical activity levels and health (e.g. fluid requirements increase if a child has a high temperature and/or episodes of diarrhoea and/or vomiting). Fluids are provided mainly through drinks but can also be provided through foods with a high water content such as soups and certain fruits. Learners will know that good hydration is essential for all age groups and particularly important for infants and young children.</p> <p>The learner will know that ‘nutrition’ is about providing or obtaining the food necessary for good health and well-being. Foods and drinks contain macronutrients (protein, carbohydrate and fat) and micronutrients e.g. vitamins and minerals. The amount and the combination of nutrients consumed are important for health and for the body to function at its best.</p>	<p>British Nutrition Foundation – <a href="http://www.nutrition.org.uk">http://www.nutrition.org.uk</a> (see information on hydration for children 5-11 years).</p> <p>Information on healthy drinks for families/carers with children under 5 can be found at <a href="http://everychildwales.co.uk/healthy-drinks/">http://everychildwales.co.uk/healthy-drinks/</a></p>	<p>Worksheet AC 7.1: What is meant by ‘Nutrition’ and ‘Hydration’?</p>

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7.2	<p><b>The principles of a balanced diet and good hydration for children</b></p> <p>The Eatwell Guide replaced the Eatwell Plate in 2016. The Eatwell Guide was developed by Public Health England and has been adopted by the Welsh Government, Scottish Government and Northern Ireland Executive. The Eatwell Guide has been developed from evidence based nutrition advice, and is designed to help the communication of a healthy, balanced and sustainable diet to the public. The Eatwell Guide is a visual representation based on five food groups and shows the proportion that each food group should contribute to a healthy, balanced diet.</p> <p>The learner will know the full names of the 5 food groups of the Eatwell Guide and be able to give examples of foods that fit into each. The learner will know key nutrients that each food group provides and their importance for health and well-being. They will understand key messages for each food group and the importance of choosing the least processed options within each. They will know where to find evidenced based portion size guidance for children and young people and that children and young people need a regular pattern of meals and snacks to meet their nutritional requirements.</p> <p>The learner will understand however, that the Eatwell Guide does not apply to those under 2 years of age, and that children from the age of 2 to 5 can gradually move towards healthy eating guidelines for adults and older children. The learner will understand that there are key differences in the nutrition recommendations for infants and young children compared to those for older children and adults. The Assessor Notes 'The Eatwell Guide: A Guide for Early Years Practitioners' can be used for more information.</p> <p>The learner will understand suitable drink choices and guideline fluid requirements for children and young people 0-19 years.</p> <p>The learner will understand the importance of a values and rights based approach to the food environment including access to fresh drinking water at all times and food that can protect children's health.</p>	<p>Public Health England (2016). Eatwell Guide Booklet. Available from: <a href="https://www.gov.uk/government/publications/the-eatwell-guide">https://www.gov.uk/government/publications/the-eatwell-guide</a>.</p> <p>Assessor Notes/Learner Handout: The Eatwell Guide: A Guide for CCPLD Childcare Workers.</p> <p>Assessor Notes/Learner Handout: Dietary Sources of Essential Nutrients.</p> <p>Guidance on complementary feeding (introducing solid foods to infants) can be found at <a href="http://www.firststepsnutrition.org">www.firststepsnutrition.org</a> &amp; sections 2 and 3 of the Welsh Government's Food and Nutrition in Childcare Settings: Best Practice Guidance. Available from 2019 at: <a href="https://gov.wales/food-and-nutrition-childcare-settings-full-guidance">https://gov.wales/food-and-nutrition-childcare-settings-full-guidance</a>.</p> <p>Guidance on portion sizes for children and young people can be found at: <a href="http://www.cwt.org.uk">http://www.cwt.org.uk</a>, <a href="http://www.firststepsnutrition.org">http://www.firststepsnutrition.org</a> and the Food and Nutrition for Childcare Settings Best Practice Guidance referenced above.</p> <p>Assessor Notes/Learner Handout: Importance of Hydration.</p> <p>Assessor Notes/Learner Handout: Suitability of Drinks for Children 0-19 years.</p>	<p>Worksheet AC7.2a: The Eatwell Guide and how it Applies to Children.</p> <p>Worksheet AC7.2b: The Principles of Hydration for Children.</p>

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7.3	<p><b>Government recommendations for a balanced diet and hydration</b></p> <p>The learner will know that the Eatwell Guide is the national, evidence based food model recommended by the UK government for policy, teaching and healthy eating guidance (see AC 7.2).</p> <p>The learner will know about the Welsh Government's Food and Nutrition in Childcare Settings Best Practice Guidance published in 2018 and understand how the guidance and associated materials can be used in practice to ensure a balanced diet and hydration for children. The learner will know that the Best Practice document can support childcare settings to achieve an 'excellent' quality rating in this area of the CIW inspection framework and to meet the National Minimum Standards for Regulated Childcare for food, drink and health needs of children.</p> <p>The learner will know that the government recommends a vitamin D supplement for infants and children under 5 years even if they are eating well and spend time playing outside. Children and young people over 5 years may also benefit from a vitamin D supplement particularly in autumn and winter.</p>	<p>Welsh Government (2018). Food and Nutrition in Childcare Settings: Best Practice Guidance. Available from: <a href="https://gov.wales/food-and-nutrition-childcare-settings-full-guidance">https://gov.wales/food-and-nutrition-childcare-settings-full-guidance</a></p> <p>Information on vitamin supplement recommendations for children can be found at <a href="https://www.healthystart.nhs.uk">https://www.healthystart.nhs.uk</a> and <a href="http://www.nhs.uk">http://www.nhs.uk</a> and <a href="http://www.bda.uk.com/foodfacts">http://www.bda.uk.com/foodfacts</a> (see Food Fact Sheets – vitamin D).</p> <p>If working with older children and young people, government recommendations on alcohol can be found at: <a href="http://www.nhs.uk">http://www.nhs.uk</a>.</p> <p>Guidance for parents/families/carers on talking to children and young people about alcohol can be found at: <a href="https://www.drinkaware.co.uk">https://www.drinkaware.co.uk</a>.</p>	<p>Activity AC 7.3a: Children's Diets – Myths and Facts (answer sheet provided).</p> <p>Activity AC7.3b: Scenario – Application of Government Recommendations to a Child's Diet (answer sheet provided).</p>

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7.4	<p><b>National and local initiatives that support nutrition and hydration</b></p> <p>The learner will know that those working in the CCPLD sector can play a vital role in the provision of quality and nutritious food for the children in their care. The promotion of good nutrition and hydration supports wider, national action to help improve the health of the Welsh population e.g. Welsh Government's Healthy Wales: Healthy Weight strategy, the Well-being of Future Generations (Wales) Act 2015, Every Child Wales, Flying Start and the Healthy Child Wales Programme.</p> <p>Settings may participate in the Welsh Government Healthy and Sustainable Pre-School Scheme or local snack award initiatives. The learner will understand how these schemes can support children and young people to make healthier food choices.</p> <p>The learner will understand the importance of linking with local partners when working in practice such as Health Visitors, School Nurses, Public Health Dietitians, Designed to Smile and Pre-School Scheme/Snack Award Teams to find out about local initiatives that support nutrition and hydration. The learner will know they can play a valuable role in signposting families/carers/young people to appropriate initiatives in their community e.g. the Healthy Start Scheme, local breastfeeding support groups, practical cooking courses and other parenting programmes.</p>	<p>See Welsh Network of Healthy School Schemes on the Public Health Wales website - <a href="http://www.wales.nhs.uk/">http://www.wales.nhs.uk/</a></p> <p>Public Health Nutrition Network Cymru. See - <a href="https://www.publichealthnetwork.cymru/en/topics/nutrition/">https://www.publichealthnetwork.cymru/en/topics/nutrition/</a></p> <p>Healthy Start. See <a href="https://www.healthystart.nhs.uk/">https://www.healthystart.nhs.uk/</a></p> <p>Play, Learn and Grow Healthy Project – Clybiau Plant Cymru <a href="http://plgh.org/">http://plgh.org/</a></p> <p>Nursery Milk Scheme - <a href="https://www.nurserymilk.co.uk/about-nursery-milk-scheme">https://www.nurserymilk.co.uk/about-nursery-milk-scheme</a></p> <p>Healthy Wales: Healthy weight strategy - <a href="https://bit.ly/2KxLtk0">https://bit.ly/2KxLtk0</a></p> <p>Assessor Notes/Learner Handout: National and Local Initiatives that Support Nutrition and Hydration.</p>	<p>Activity: National and Local Nutrition and Hydration Initiatives.</p>

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7.5	<p><b>The importance of a balanced diet for optimum health, development and growth of children</b></p> <p>The learner will understand that a balanced diet is important for children and young people for numerous reasons that include: a healthy immune system, growth and a healthy weight, preventing obesity, behaviour and learning, good oral health, influencing food preferences for life, developing positive attitudes to food and health, reducing the risk of chronic disease such as heart disease, stroke, diabetes and cancer, good bowel health, reducing the risk of anaemia, bone health, healthy skin, hair and nails.</p> <p>The learner will know that nutrition is vital at all stages of the life-cycle and will recognise that nutrition in the first 1000 days of life (from conception to a child's 2nd birthday) is particularly important for improving health outcomes for future generations.</p> <p>The learner will understand that good hydration is essential for the body and brain to function e.g. for bowel health, the ability to learn and concentrate and for general mood and well-being. Dehydration in babies and young children can be serious if left untreated.</p> <p>The learner will know that meal and snack times offer wider opportunities for children's development in areas such as communication, independence, literacy and numeracy.</p>	<p>See Public Health Wales's 10 Steps to a Healthy Weight <a href="http://www.everychildwales.co.uk">http://www.everychildwales.co.uk</a></p> <p>See Annual Child Measurement Programme for Wales reports on Public Health Wales's website - <a href="http://www.wales.nhs.uk/">http://www.wales.nhs.uk/</a></p> <p>British Dietetic Association Food Fact Sheets e.g. 'Children – diet, behaviour and learning'. See - <a href="http://www.bda.uk.com">http://www.bda.uk.com</a></p> <p>First Steps Nutrition – publish a range of evidence based, visual resources around nutrition for infants, children and pregnancy. See - <a href="http://www.firststepsnutrition.org">http://www.firststepsnutrition.org</a></p> <p>Designed to Smile. National Child Oral Health Improvement Programme. See - <a href="https://www.designedtosmile.org/welcome-croeso/welcome/">https://www.designedtosmile.org/welcome-croeso/welcome/</a></p> <p>NHS choices provides a range of evidence based information about nutrition and health e.g. vitamins for children, breastfeeding, healthy food choices. See <a href="http://www.nhs.uk">http://www.nhs.uk</a></p> <p>Assessor Notes/Learner Handout: The Impact of Nutrition on Health and Well-being.</p> <p>Assessor Notes/Learner Handout: Diets of Children and Young People in the UK.</p> <p>Assessor Notes/Learner Handout: Sugar Consumption and Oral Health.</p>	Worksheet AC7.5: The Importance of a Balanced Diet.



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7.6	<p><b>Factors that can affect nutrition and hydration</b></p> <p>The learner will understand that numerous factors can affect the nutrition and hydration of a child and their family/carers in a positive or negative way. Learners will be able to give examples of how these can affect nutrition and hydration.</p> <p>Factors include: low income and food poverty, psychological factors (e.g. child feeling tired or upset, parental anxiety, eating disorders, body image) skills and knowledge, mass media and advertising, family/carers and peer influences, ethics, morals and beliefs, the eating/mealtime environment, neglect and abuse, culture and religion, the child's individual preferences and habits, community food initiatives, food provision in settings (e.g. schools, nurseries, youth settings), health conditions (e.g. diabetes, allergies, constipation, anaemia), following a special diet, additional educational needs, physical factors (e.g. positioning, swallowing difficulties), oral health, role modelling by older children and adults/carers, sleep and physical activity levels.</p>	<p>Welsh Government (2018). Food and Nutrition in Childcare Settings: Best Practice Guidance. Available from: <a href="https://gov.wales/food-and-nutrition-childcare-settings-full-guidance">https://gov.wales/food-and-nutrition-childcare-settings-full-guidance</a></p> <p>See <a href="https://foodfoundation.org.uk/">https://foodfoundation.org.uk/</a> for information around food poverty in the UK.</p> <p>See BEAT - <a href="https://www.beateatingdisorders.org.uk/types/do-i-have-an-eating-disorder">https://www.beateatingdisorders.org.uk/types/do-i-have-an-eating-disorder</a> for information about eating disorders in children and young people.</p> <p>Assessor Notes/Learner Handout: Factors that can affect nutrition and hydration in children and young people.</p>	Worksheets AC 7.6: Factors that can affect Nutrition and Hydration.

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7.7	<p><b>How to encourage children to make healthy food choices</b></p> <p>The learner will understand the importance of their role as a childcare worker in the CCPLD sector in supporting children to make healthier food choices. They will understand their potential to influence food provided in the home. Settings can encourage children to make healthier food choices by:</p> <p>Giving children a voice and involving them in planning and preparing meals and snacks, developing a food policy, offering suitable portion sizes; providing variety and choice, offering healthy celebratory foods, opportunities to learn about food through play and activities (e.g. songs, books, shopping, growing and cooking), trying healthy foods from different cultures, inviting family members/carers to participate in food activities and/or snack time, sharing information with families/carers (e.g. online, newsletters, notice board), role-modelling positive food choices and meal-time behaviours, creating a positive eating environment, using alternatives to food for reward and managing behaviour and linking with local community food initiatives (e.g. intergenerational cooking projects, food co-ops or pantries and allotment/community growing schemes).</p> <p>If children take in food from home to eat within the setting (e.g. a packed lunch) the learner may wish to consider ways to work with parents/families/carers to encourage healthy food choices.</p>	<p>Welsh Government (2018). Food and Nutrition in Childcare Settings: Best Practice Guidance. Available from: <a href="https://gov.wales/food-and-nutrition-childcare-settings-full-guidance">https://gov.wales/food-and-nutrition-childcare-settings-full-guidance</a> (see section 5 in particular).</p> <p>Parenting Give it Time – see ‘Mealtimes (suitable for 1-5s)’ <a href="https://giveittime.gov.wales/">https://giveittime.gov.wales/</a></p> <p>First Steps Nutrition – publish a range of evidence based, visual resources including recipe ideas suitable for children and families/carers</p> <p><a href="http://www.firststepsnutrition.org">http://www.firststepsnutrition.org</a></p> <p>Information settings can share with families/carers outlining the Welsh Government Food and Nutrition for Childcare Settings Best Practice Guidance can be found at: <a href="https://beta.gov.wales/food-and-nutrition-childcare-settings-resources">https://beta.gov.wales/food-and-nutrition-childcare-settings-resources</a></p> <p>Healthy packed lunch information that can be shared with families/carers can be found at: <a href="https://beta.gov.wales/sites/default/files/publications/2019-02/healthy-lunchboxes-leaflet.pdf">https://beta.gov.wales/sites/default/files/publications/2019-02/healthy-lunchboxes-leaflet.pdf</a>. Further packed lunch ideas for children 1-4 years can be found at <a href="http://www.firststepsnutrition.org">http://www.firststepsnutrition.org</a></p>	<p>Activity AC7.7: Scenarios for Discussion</p> <p>(answer sheet provided).</p>