

## CU1527 Support Children and Young People at Meal or Snack Times

<b>Level</b>	2
<b>Credit value</b>	3
<b>GLH</b>	18

### Unit summary

This unit provides the knowledge, understanding and skills required to support children and young people 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/or snack times.

Learning outcomes	Assessment criteria
The learner will:	The learner can:
1 Know the principles of healthy eating for children and young people	1.1 Outline the nutritional requirements of a healthy diet for children and young people 1.2 Describe examples of healthy meals and snacks for children and young people 1.3 Describe how culture, religion and health conditions impact on food choices
2 Know the benefits of healthy eating for children and young people	2.1 Describe the benefits of healthy eating for children and young people 2.2 Describe the possible consequences of an unhealthy diet 2.3 Describe how to recognise and deal with allergenic reactions to food 2.4 Describe where to get advice on dietary concerns
3 Know how to encourage children and young people to make healthier food choices	3.1 Describe the food policy of the setting 3.2 Describe with examples ways of encouraging children and young people: <ul style="list-style-type: none"> <li>▪ to make healthier food choices</li> <li>▪ to eat the food provided for them</li> </ul>

<p>4 Be able to support hygiene during meal or snack times</p>	<p>4.1 Explain the importance of personal hygiene at meal and snack times</p> <p>4.2 Demonstrate good hygiene practice in relation to own role in food handling and waste disposal</p> <p>4.3 Demonstrate ways of encouraging children and young people's personal hygiene at meal and/or snack times</p>
<p>5 Be able to support the code of conduct and policies for meal and snack times</p>	<p>5.1 Describe the setting's code of conduct and policies for meal and snack times</p> <p>5.2 Apply skills and techniques for supporting and encouraging children and young people's positive behaviour in the dining area including table manners</p> <p>5.3 Apply skills and techniques for dealing with inappropriate behaviour in the dining area</p>