

Unit Title: Food and Nutrition for Children	
Level:	Entry Three
Credit Value:	3
GLH:	30
OCNLR Unit Code:	HF1/E3/LQ/007
Ofqual Unit Reference Number:	A/505/1578

*This unit has 3 learning outcomes*

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1 Know about a balanced diet.	1.1 Identify some of the main nutrients. 1.2 Identify examples of foods that contain the main nutrients. 1.3 Identify the basic functions of the main nutrients. 1.4 Identify suitable foods for children of different ages.
2 Know about food allergies and their effects.	2.1 Identify food allergies. 2.2 Identify the effects of food allergies.
3 Know about the food restrictions that affect the diets of religious and cultural groups.	3.1 Identify the food restrictions that affect the diets of different <ul style="list-style-type: none"> <li>• religious groups</li> <li>• cultural groups.</li> </ul>

## Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

**P = Prescribed** This assessment method *must* be used to assess all or part of the unit.

**O = Optional** This assessment method *could* be used to assess all or part of the unit.

Case Study		Project	
Written question & answer/test/exam	O	Role play/simulation	
Essay		Practical demonstration	
Report		Group discussion	P
Oral question and answer	O	Performance/exhibition	
Written description	P	Production of artefact	