

APL ● Candidate Information Guide

Activity

Look at the following chart. **Level 1, Hygiene/ Health/Nutrition & Safety**, and then at the suggestions below as to what would be suitable evidence for the Criteria of Competence used in the example below.

Think about what you might use as evidence to prove that you can do what the criteria suggest.

HINT: Sometimes it is possible to use the same piece of evidence for one or two criteria as suggested here. Use a highlighter pen to highlight areas of text that you have read, which are relevant. This saves having to write out information again. If you do this, it is a good idea to jot down one or two sentences yourself to act as a conclusion to what you have read.

5.1 Identification of the essential dietary requirements (at least three) for healthy growth and development for children 0-6 years.

Ask yourself: "What do I have to do here?"

Think about the different age groups. Babies need different dietary requirements than an active 5-year-old.

How are you going to divide up the age range in terms of your evidence and how will you illustrate that you have knowledge of the requirements across the entire age range?

If you are not careful you can end up providing information here about emotional needs etc. Which in fact belong to a different module.

Remember that for these particular criteria you are only being asked to provide evidence that you have knowledge of the essential dietary requirements for healthy growth and development of children 0-6 years.

Level 1, Hygiene/ Health/Nutrition & Safety

Module 2

Skill No. 6

Criteria 6.1 - 6.3

Skill Completed:

The trainee should be able to: **Demonstrate limited knowledge of the importance of balanced nutrition for children 0-6 years and prepare food to meet their needs**

| Crit No. | Criteria of Competence Evidence to support this skill should include | My Skills and Knowledge NEED TO KNOW : BE ABLE TO DO | MY LEARNING RESOURCES See Handbook | How will I get the evidence? |
|----------|--|---|---------------------------------------|------------------------------|
| 6.1 | Identification of the essential dietary requirements (at least three) for healthy growth and development for children 0-6 years. (For example: Children should get some protein every day - meat, fish, eggs, cheese etc.- To help build their bodies.) | Know what the essential food groups are that a child needs to grow and develop. | | |