



Child Development
Crucial Knowledge
Unit R019
Learning Outcome 4



Unit R019: Understand the equipment and nutritional needs of children from birth to five years

Learning Outcome	Topic
LO1	Understand the key factors when choosing equipment for babies from birth to 12 months
LO2	Understand the key factors when choosing equipment for babies from one to five years
LO3	Know the nutritional guidelines and requirements for children from birth to five years
LO4	Be able to investigate and develop feeding solutions for children from birth to five years

Why am I learning this?	Careers Links
<p>You'll need to know how to perform the practical tasks, what to feed a child, preparing and storing food and then feeding a child. All these things are part of a feeding solution</p> <p>In your assessment you will be asked to carry out a practical feeding solution task, consider nutrition, factors, hygiene and comparisons. Finally you will evaluate your feeding solution.</p>	<ul style="list-style-type: none">• Nursey nurse• Nursery manager• Early years teacher• Childminder.



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How to investigate feeding solutions

• Nutritional analysis

- Food labelling
- Calories
- Software and apps
- Eatwell guide and healthy eating

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

• Factors for consideration

- Nutrition
- Cost
- Time
- Practicalities / Convenience
- Attractiveness / appealing meals



• Hygiene practices

- Personal hygiene
- Room and equipment hygiene
- Sterilisation





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Feeding solutions for babies aged 0 – 6 months

- **Bottle feeding**

- How to bottle feed
- Types of formula
- Bottles and teats
- Storage and transportation



- **Breastfeeding**

- Expressing
- Storage and transportation



- **Combination feeding**

- Natural-feel bottle teats
- Reduction in breastfeeds and timing

Feeding solutions for babies aged 6 – 12 months

- **Homemade foods**

- Pureed foods
- Minced foods
- Finger foods



- **Purchased foods**

- Food in jars
- Food in packets
- Tinned and frozen food
- Food in pouches



- **Equipment and storage**





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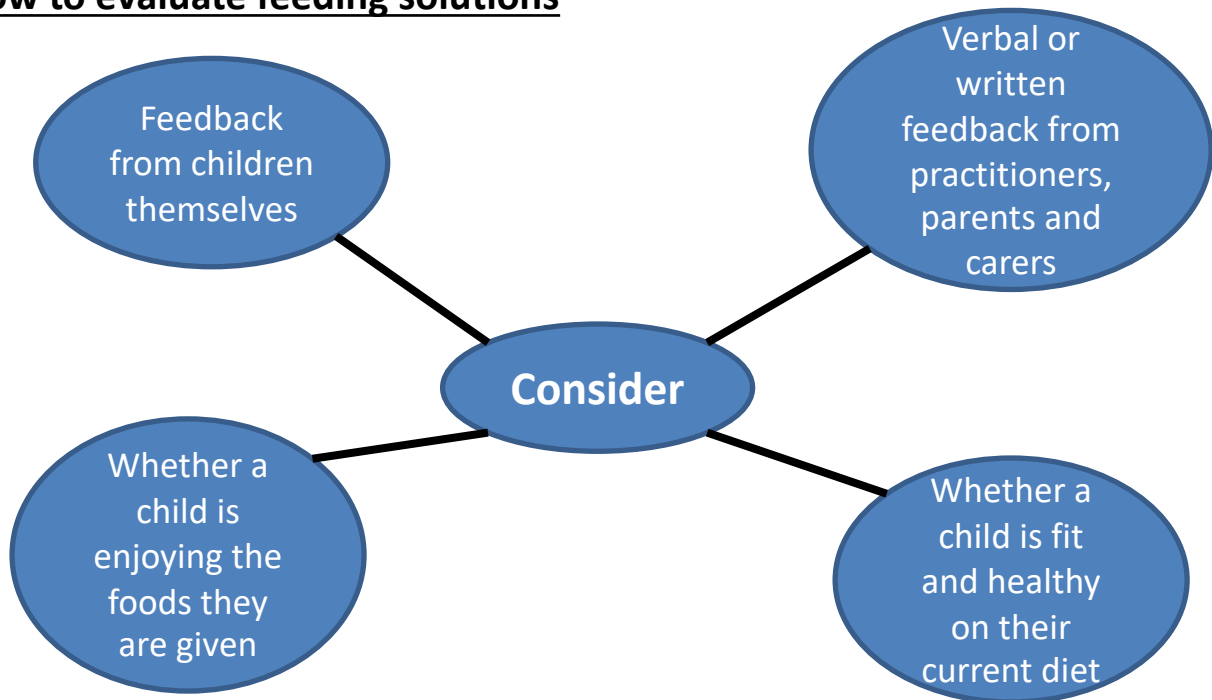
Feeding solutions for children aged one to five years

• **Planning balanced meals**

- Portion size
- Introducing new foods / flavours / textures



How to evaluate feeding solutions



• **Comparisons**

- Are current guidelines are being met
- Are the menus are coming within budget.

• **Evaluating choices**

- Strengths and weaknesses
- Improvements and changes

- **Conclusions** – Use all the information and feedback gathered to draw conclusions

