



Child Development  
Crucial Knowledge  
Unit R019  
Learning Outcome 3



**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>Good nutrition is at the heart of maintaining a healthy body. It is therefore important for children's well-being, growth and development. Children who do not receive good nutrition are at a huge disadvantage. It is important you understand how to meet children's requirements to give them the best possible start.</p> <p>In your assessment you will be asked to investigate the functions and sources of nutrients, explain the nutritional requirements from birth to five years and government dietary guidelines.</p>	<ul style="list-style-type: none"><li>• Nursey nurse</li><li>• Nursery manager</li><li>• Early years teacher</li><li>• Childminder.</li></ul>

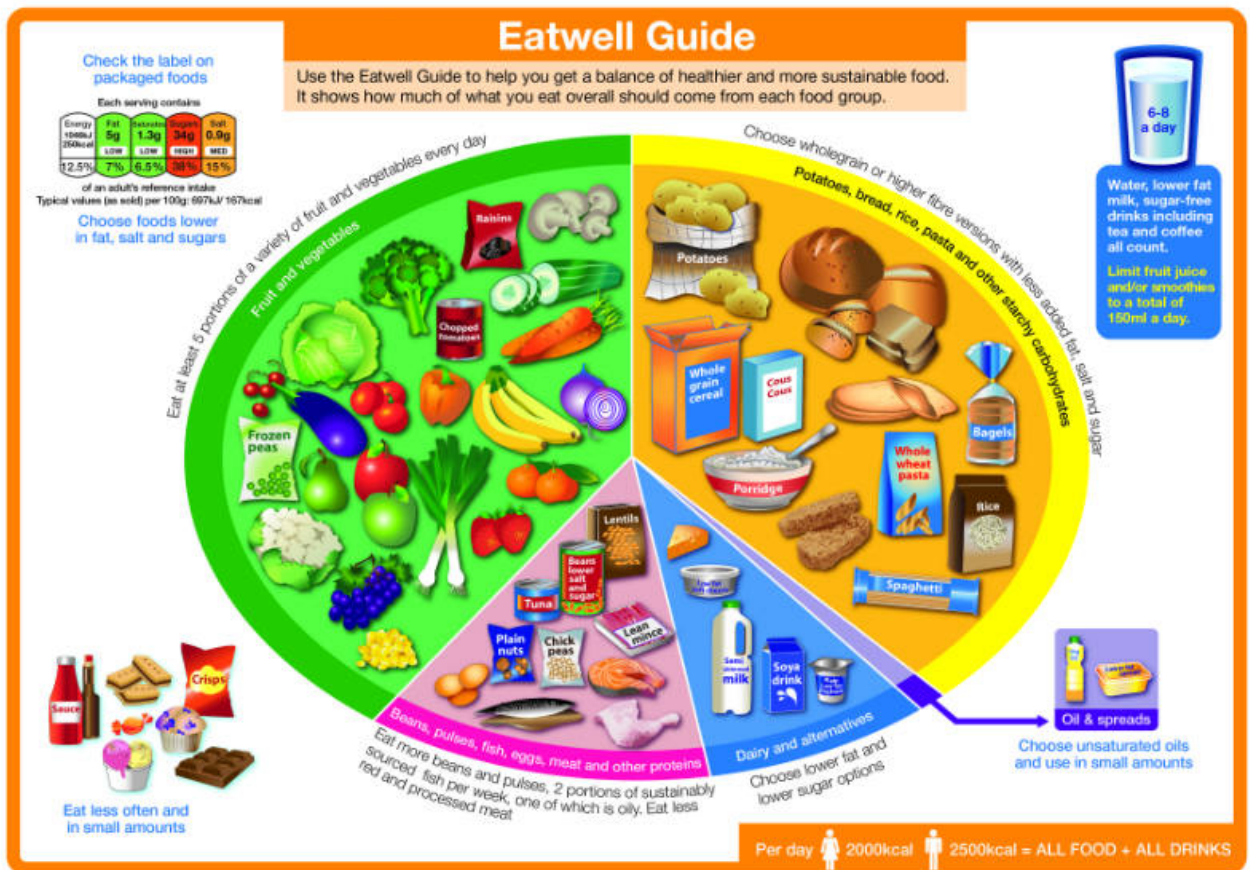


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## Current government dietary guidelines

**The Eatwell Guide** – Designed to help people get the balance of foods right.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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**Making healthy choices** – In their Health Eating advice the government recommend that all individuals consume a diet that contains:

- Starchy foods such as rice, bread and pasta
- Fruit and vegetables – at least 5 portions per day
- Protein rich foods such as fish, meat and eggs
- Some milk and dairy – choosing reduced fat versions
- Just a little saturated fat, salt and sugar

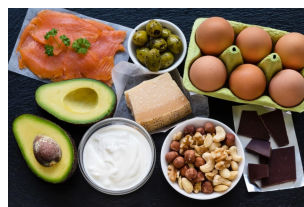


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The functions and sources of nutrients

Macronutrient	Sources	Function
<b>Proteins</b>	<b>Animal sources</b> – meat, poultry, fish, milk and eggs <b>Vegetable sources</b> – soya, tofu, beans and pulses	Aid growth and repair of the body Provide secondary energy
<b>Carbohydrates</b>	<b>Starches</b> – bread, pasta, potatoes, rice and cereal <b>Sugars</b> – fruit, honey, sweets	Producing energy Producing warmth
<b>Fats</b>	<b>Saturated</b> – butter, milk, cheese, meat <b>Unsaturated</b> – olive oil and nut oil <b>Polyunsaturated</b> – oily fish, corn oil, sunflower oil	Producing energy Producing warmth Storing fat-soluble vitamins Protecting internal organs





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The functions and sources of nutrients

Micronutrient	Sources	Function
<b>Vitamins A, B group, C, D, E, K</b>	Cheese, butter, eggs, meat, vegetables, fruit, nuts	Promote growth and development Promotes healing Prevention of disease Healthy functioning of muscles and nerves Maintain healthy skin and tissue
<b>Minerals</b>	Milk, cheese, eggs. Fish, red meat, green vegetables, dried fruits	Build strong bones and teeth Healthy blood, skin and hair Nerve function Muscle function





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The functions and sources of nutrients

Additional Dietary Requirements	Sources	Function
<b>Fibre</b>	Fruit, wholemeal pasta, beans and lentils, peas, sweetcorn, carrots, oats, wholegrain cereals.	Encourage body to pass out waste Prevent constipation Improve digestive health
<b>Water</b>	Fruit juice, milk, fruit	Regulate body temperature Carry nutrients and oxygen to cells Flush waste products from kidneys Lubricate joints Moisten eyes, mouth and nose

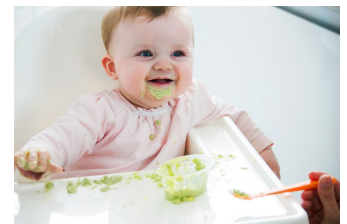
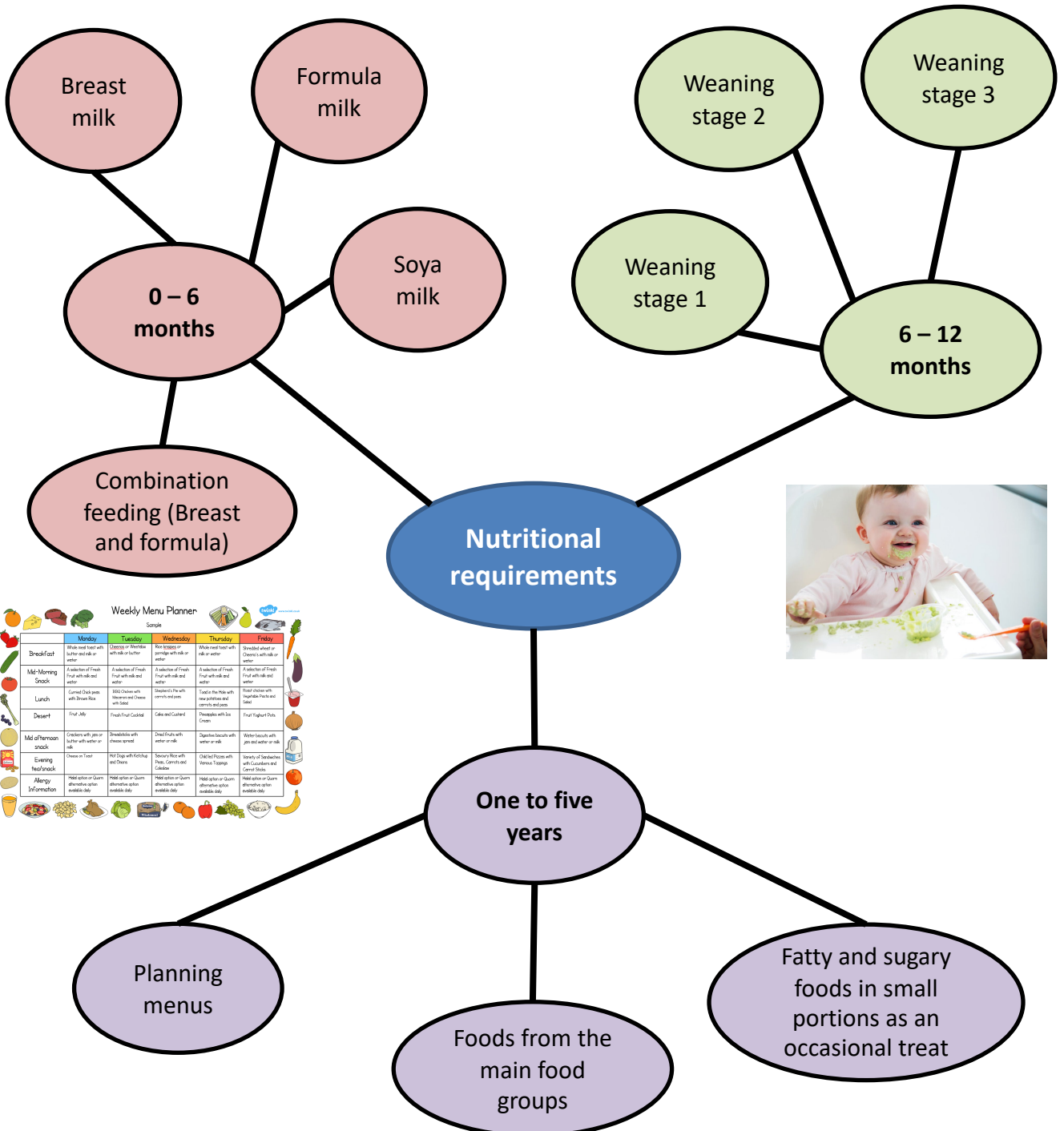




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## Nutritional requirements



Weekly Menu Planner Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wheat and fruit with butter and milk or water	Corn or American soft-rolls with butter	Rice Krispies or porridge with milk or water	Wheat and fruit with milk or water	Strawberry shortcake with milk or water
Mid-Morning Snack	A selection of Fresh Fruit with milk and water	A selection of Fresh Fruit with milk and water	A selection of Fresh Fruit with milk and water	A selection of Fresh Fruit with milk and water	A selection of Fresh Fruit with milk and water
Lunch	Grilled Chicken with Brown Rice	100% Chicken with Macaroni and Cheese with salad	Roasted Pork with cornish and peas	1 Lamb the Rib with peas potatoes and cornish and peas	Roast Chicken with Vegetables Pasta and Salad
Dessert	Fruit, Milk	Fresh Fruit Custard	Cake and Custard	Cheese with Ice Cream	Fruit Yogurt Pots
Mid afternoon snack	Cheese with jam or butter with water or milk	Bananas with cream spread	Dried Fruit with water or milk	Sugarless biscuits with water or milk	Water biscuits with jam and water or milk
Evening Meal/snack	Cheese on Toast	Hot Dogs with Ketchup and Cheese	Spaghetti with Meat, Cornish and Cauliflower	Grilled Pigeon with Straws, Potatoes and Cornish Hen	Variety of Sandwiches with Sauces and Cornish Hen
Merely Information	Hot water or Quorn alternative option available daily	Hot water or Quorn alternative option available daily	Hot water or Quorn alternative option available daily	Hot water or Quorn alternative option available daily	Hot water or Quorn alternative option available daily