

TOPIC: RO19 LO3 – Nutritional guidelines and requirements for children aged 0-5 years.

What are we learning about?

The nutritional guidelines and requirements for babies aged 0-6 months, including breast and formula milk. 6-12 months, including staged and baby led weaning and 1-5 years, including portion sizes and allergies.



Why are we learning about it?

Nutrition is important for all of us, especially children. We need to know what children need, to allow their bodies to be healthy and develop normally. This is particularly important if working with children, to allow us to plan healthy and balanced menus.



What new **KNOWLEDGE** will I gain?

We will learn about weaning and the different ways of doing this. We will also learn about portion sizes, snacks, common allergies and nutrients that need to be in controlled amounts.



How does this build on the **SKILLS** I already have?

We have already outlined the required information, we will now improve the quality of our coursework, by adding detail to describe and explain.



What new **SKILLS** will I develop?

We will, describe and explain. We will use self and peer assessment to help to improve our own work, using the marking criteria.



How does this build on the **KNOWLEDGE** I already have?

In RO19 LO4 we learned about the different types of milk, for -6 month babies, this builds upon that knowledge. We have also learned about balanced diets, the effects of unbalanced diets, the effects of allergies and intolerances. This coursework ties all of these together.