

**CHC08 Community Services
Training Package**

CHCCN303A

Contribute to the provision of
nutritionally balanced food
in a safe and hygienic manner

Learner guide
Version 1

**Training and Education Support
Industry Skills Unit
Meadowbank**



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SAMPLE

Section 1 – A healthy balanced diet for infants, children and school aged children

Element and performance criteria

1. Plan food and drink provisions

- 1.1 Within scope of own work role, ensure children are provided with food and drink consistent with current relevant dietary guidelines for infants, children and/or young people
- 1.2 Ensure children's individual needs are met to promote optimal growth and development, respecting cultural requirements, appetites and food and drink preferences
- 1.4 Ensure meals and snacks are nutritious, attractive and an appropriate serving size for children
- 1.8 Within scope of own work role, ensure nutrition policy includes identification, management and monitoring of special dietary needs related to food allergies and medical food conditions such as coeliac disease and diabetes

Getting started

The following resources are required for Sections 1- 4

- The Australian guide to healthy eating – booklet.
- Fact sheets from the Children's Hospital at Westmead.
- Fact sheets from the NSW Department of Health.
- Fact sheets/documents from Nutrition Australia.
- Relevant accreditation standards.

You will also need to arrange the following:

- Access to the Internet.

Introduction

In this section you will be provided with information which will help you develop competence in preparing food and drink suitable for children up to 12 years. Food, drink, safety and warmth are our most basic needs. Therefore it is very important that as potential food handlers working in the child care industry we have a sound understanding of how we can meet children's nutritional needs while they are in our care.

A balanced healthy diet for infants and children

Babies and children need important nutrients each day so that their bodies may grow efficiently and are better protected from diseases. Children have specific dietary requirements at each stage of development. These dietary requirements should become the foundation for any nutritionally balanced diet. The individual needs and preferences of infants and children; as well as their family and cultural requirements, should be accommodated as you begin to develop a range of healthy meals and snacks for these age groups throughout their day.



In order to identify and understand the nutritional and dietary requirements of infants, children and school-aged children, we need to access the range of nutritional guidelines and recommendations currently used in Australia for these age groups. These guidelines have been developed so that we know which foods will meet their dietary needs as they grow and develop. These guides can assist us in making appropriate food and drink choices when planning meals and snacks.

There is a great deal of information linked to nutrition on the Internet. Throughout this section you will be referred to various websites to look up information or you may have sourced original copies which can be available from health organisations and clinics. The web sites and selected readings will give you current information to guide your decisions in providing a balanced healthy diet for children. Each site will assist you in gathering information and building your understanding of current nutritional information and recommendations. If you are preparing food for young children, it is very important that you keep up to date with current information and research findings on nutrition. Books and magazines have valuable information, but can sometimes have outdated and incorrect information.

Australian Nutritional Guidelines and Recommendations

There are a range of guides, charts and policy documents to assist the Australian community in maintaining a nutritious diet and a healthy and active lifestyle. These documents are evaluated frequently and updated to reflect current research and changes to the Australian population.

The main sources include;

1. Australian Dietary Guidelines
2. The Australian Guide to Healthy Eating and
3. The Healthy Eating Pyramid.

The Australian *Dietary Guidelines* and the *Australian Guide to Healthy Eating* guidelines are managed by the Australian Government and Department of Health and Ageing. The *Healthy Eating Pyramid* was developed by the Australian Nutrition Foundation Inc. (Nutrition Australia).

Publications of the Dietary Guidelines, and the Australian Guide to Healthy Eating are listed on the following website and may be downloaded for your use,

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-resources.htm>

The Healthy Eating Pyramid may be viewed on the Nutrition Australia website as provided

<http://www.nutritionaustralia.org>

Dietary Guidelines

You will have noticed from your reading that one of the dietary guidelines suggests we need to ensure that young children 'eat a wide variety of nutritious foods'. If you provide a wide variety of foods, not only will children receive the right nutrients but they will absorb those nutrients more efficiently so that they develop a greater resistance to disease and infection.

Activity 1.1 – Australian dietary guidelines



Internet activity

To find out more about the Australian Dietary Guidelines, seek the following website www.nutritionaustralia.org

View the Dietary Guidelines to help you complete the following questions:

1. These guidelines apply to the general population of healthy children from birth to _____
2. _____ is important for all children and adolescents