

**CHC Community Services  
Training Package Version 1**

**CHCECE004**  
Promote and provide  
healthy food and drinks

**Learner guide**  
**Version 1**

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



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CHCCN303A Contribute to the provision of nutritionally balanced food in a safe and hygienic manner learner guide - version 2 (2012)

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## Section 1 – A Healthy Balanced Diet for Infants, Children and School Aged Children

### 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 education and 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 out dated and incorrect information.

## UN Convention on the Rights of the Child, and the Code of Ethics

As professionals working with young children we have obligations related to nutrition and food safety under UNCROC and **Early Childhood Australia's** Code of Ethics. Article 24 of the convention says that each child has the right to safe water, nutritious food, and a clean and safe environment. Furthermore, article 12 **directs us to take children's opinions seriously** – this would include opinions children offer on their food preferences. The Code of Ethics also talks about adults' responsibility to create and maintain safe and healthy environments in relation to children – nutrition and food safety are an important aspect of the environment we provide in education and care services.

## 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](http://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



## Activity 1.1 - Australian dietary guidelines (Cont'd)



Internet activity

3. Children and adolescents should be encouraged to eat plenty of cereals, including \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_, preferably wholegrain
4. Choose foods low in \_\_\_\_\_ and consume only moderate amounts of \_\_\_\_\_
5. Choose \_\_\_\_\_ as a drink. \_\_\_\_\_ is not recommended for children
6. Care should be taken to limit \_\_\_\_\_
7. For infants, \_\_\_\_\_ should be encouraged and supported
8. You should prepare and \_\_\_\_\_ food safely
9. Eat plenty of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_
10. Lean meat, \_\_\_\_\_, poultry and/or alternative should be included in your diet

## ***The Australian Guide to Healthy Eating***

The *Australian Guide to Healthy Eating* will help you make good food choices when planning meals as well assist in raising our awareness of the diverse food types and food preferences of our Australian communities. It not only states the five food groups, but also acknowledges other foods which we consume in Australia (e.g. chips, lollies, etc.). We are reminded that whilst these may be OK in small doses occasionally, they do not contain any essential nutrients. They are high kilojoule foods, containing high levels of fats and sugars. These types of foods can have a negative impact on children's weight and may also affect their dental health.

To find out more about these main food groups refer to text *The Australian Guide to Healthy Eating*. This booklet can be obtained from Australian Department of Health and Aging or can be downloaded in 'pdf' format from the following website.

<http://www.health.gov.au>

A copy of the image is also available at [healthyactive.gov.au](http://healthyactive.gov.au) or by following the link below,

<http://www.healthyactive.gov.au>

### **Activity 1.2 – The Australian guide to healthy eating**



Internet activity

View *the Australian Guide to Healthy Eating* in the booklet form, or on one of the websites provided. <http://www.health.gov.au>

1. Label this graph with the main five food group headings.
2. Write a list of foods inside each section of the pie graph, to represent the food groups as outlined in the Guide to Healthy Eating
3. Consider a new nutritional food item you could add to the lists in each food group
4. The Australian Guide to Healthy Eating recommends we drink plenty of \_\_\_\_\_

## ***The Healthy Eating Pyramid***

The Healthy Eating Pyramid uses a prism structure to show a range of food groups placed on three different levels of the pyramid. The food groups are arranged in levels according to their nutrient and energy level. The base of the pyramid reflects the foods we should eat most, working up to the smaller point of the pyramid, where the selection of food items should be very limited in our daily diet.

## ***Get Up and Grow***

The Commonwealth Government Department of Health and Ageing provides a range of resources through their ***Get up & Grow: Healthy Eating and Physical Activity for Early Childhood*** program. These include a Directors/Coordinators book, a Staff Handbook, a Family Book, a Cooking for Children Book, Posters, Stickers and brochures. The resources include guidelines, practical information and advice on early childhood healthy eating and physical activity, how to develop nutrition and healthy activity policies and ways to support and encourage staff, cares and families.

## ***Fibre Foods for Infants and Children***

Find some current information about constipation and the fibre content of foods. Try any good nutrition **text or download from The Children's Hospital web site at [www.chw.edu.au/parents/factsheets/constipj.htm](http://www.chw.edu.au/parents/factsheets/constipj.htm)**

To be healthy all children need to eat foods high in fibre. Eating high fibre foods as well as drinking plenty of fluids and having plenty of exercise will help maintain a healthy bowel. Babies and toddlers, however, should not have bran or very high fibre diets as this prevents the absorption of iron and zinc.

Fibre keeps our body functions regular. Good sources include lentil burgers, wholemeal breads, weetbix, wholemeal pasta and brown rice; fresh, frozen and canned fruit and vegetables, crushed nuts (as whole nuts can be dangerous for children under five), prunes, dried apricots and bran. Remember, bran is not recommended for children under five years as it reduces iron intake, however limited amounts of bran can be given to older children with plenty of fluids.

## Activity 1.3 – Fibre foods



Internet activity

Find some current information about constipation and the fibre content of foods.

Try any good nutrition text or download from The Children’s Hospital web site at [www.chw.edu.au/parents/factsheets/constipj.htm](http://www.chw.edu.au/parents/factsheets/constipj.htm)

Consider the information from this factsheet and the information discussed in the learner resource to answer the following.

Carly is 4 years of age and has recently been constipated. The family has used mild laxatives to treat her constipation and now want to work on increasing the amount of fibre Carly eats each day to try and reduce the chances of her being constipated again.

1. What are the three things Carly’s family could do to prevent further problems?

- Increase the amount of \_\_\_\_\_ in her diet.
- Lots of \_\_\_\_\_.
- Daily \_\_\_\_\_.

2. Carly’s family need to write a shopping list of foods that will help to increase Carly’s intake of fibre. Record a list of suggestions for them below and remember to consider Carly’s age and stage of development


3. Circle the food item in each line, which contains a higher amount of fibre?

- a. A bowl of cornflakes or a bowl of porridge.
- b. Brown rice or white rice
- c. Dried fruit or sweet biscuits
- d. A bag of chips or a cob of corn

### Activity 1.3 – Fibre foods (Cont'd)



Internet activity

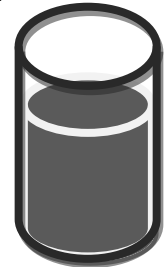
4.

What causes constipation		
• Not eating enough high fibre foods	True	False
• Eating too much low fibre foods.	True	False
• Not enough fluids.	True	False
• Not enough exercise.	True	False

## **Recommendations and Guidelines for Drink Provision**

The Dietary Guidelines as well as the charts and diagrams of the Australian Guide to Healthy Eating and the Healthy Eating pyramid all highlight the suitability of water as the recommended drink choice.

It is recognised that about 55% of a child's body weight is made up of water. For this reason, it is very important to maintain their regular intake of water and keep their bodies well hydrated. As infants reach 9 – 12 months, cooled boiled water may be introduced in addition to their breast milk or bottled milk intake. It is a requirement of all centres under the National Quality Standards that children have water available to them at all times throughout the day. Good sources of water may also be found in some food items such as fruit and vegetables. There are a few other drink alternatives which may be provided to children (these have been outlined below).



Milk is a great drink choice as it provides calcium as well. We need to ensure children get three serves of milk a day, equivalent to one full cup. As a result of more recent research on childhood obesity, it is now recommended that children over 2 years of age be offered low fat varieties of milk and milk products such as yoghurt and cheeses. Standard milk is high in saturated fat and may contribute to obesity in young children and adolescents. This supports the *Dietary Guideline* 'limit saturated fat and moderate total fat intake'. It is important to note that infants under 2 years of age should not have any low-fat versions of milk and milk products.

Juice is another source of water, though in moderation, because it often contains added sugar, sometimes preservatives and doesn't have other essential nutrients. Cordials and soft drinks are high in sugar and may contain artificial flavourings, colours and preservatives. These drinks are not recommended as a healthy drink choice.

## **Nutrition Information Panels and Food Labelling**

Food labelling and identifying the nutritional value in foods is a key skill that allows everyone from chefs to consumers to select healthy and nutritionally balanced food products.

Australian laws request that all packaged food items containing more than a single ingredient be clearly labelled with a nutrition information panel (NIP). Food labels, including the nutrition information panel are like food DNA. They provide us with some detail of the products contents. A food label will often tell us the **name of the food, its weight, the brand, manufacturer's details, as well as tell us the products ingredients in order from most to least.**

The nutrition information panel (NIP) is a major part of a food label. It appears as a table which gives information on the foods energy level and the amounts of all nutrients found in the food. The table has three columns, the first names the nutrient, the second states the quantity per serve and the third states the

quantity per 100g. Understanding how to read food labels and identify the nutrient levels, will allow you to make good nutritional choices.

The nutrition panels on food products will state the foods energy level in kilojoules. The panel will then include the amounts of protein, carbohydrates (including sugars), fats, and salt (sodium) in the food per serve and per 100g. Packaged food items will often have some variations in the information contained in the Nutrition Panel. Products may label the levels of dietary fibre, calcium, as well as vitamins. For example, fish products will often have the amount of Omega 3 contained, and cereals often include the amounts of specific vitamins and folate.

**Food labels displaying claims such as 'low in fat' or 'reduced salt' have to be genuine and meet standard 1.1.1 as described in the Food Standards Code (FSANZ). It is important to note, that whilst food items may state they are 'low in fat', we should check the nutrition panel, to see the balance of **all** nutrients. For example a label suggesting a food is 'low in salt', may still be high in sugar or fat.**



To learn more about food labels, visit the Food Standards website, or try the link below which has an example of a Nutrition Information Panel. <http://www.foodauthority.nsw.gov.au/consumers/food-labels/label-facts/nutrition-labelling//>