

# UNIT OUTLINE



## CHCECE004 PROMOTE AND PROVIDE HEALTHY FOOD AND DRINKS

This unit describes the skills and knowledge required to promote healthy eating and ensure that food and drinks provided are nutritious, appropriate for each child and prepared in a safe and hygienic manner.

### UNIT OBJECTIVES

On successful completion of this unit you will be able to:

1. Promote healthy eating
2. Plan food and drinks that are nutritious and appropriate for each child
3. Maintain food safety while carrying out food-handling activities

### TRAINING AND SKILL PRACTICE

You will receive a copy of the McGraw Hill textbook "The Early Childhood Educator for Certificate III" which includes in indepth look at this unit in Part 3, Chapter 11.

To support your training, you will be given a series of activities to complete which include researching the recommended nutritional guidelines for children, planning meals, providing meals and drinks, interpreting safe food handling, identifying and understanding allergens.

You are required to practice skills such as interpreting food labels, role modelling, food handling and preparation, communication, and effective hygiene.

### ASSESSMENT TASKS

For this unit assessment consists of a theory test, workplace observations and evidence gathering which build on the skills and knowledge required to understand your role in providing healthy food and drinks for children. Assessment will ensure that you have a firm undersatnding of the national guidelines for diet and nutrition, it will ensure you are able to appropriately plan and provide food and drink ensuring to consider the needs of the child including allergies while role modelling healthy eating habits. You will be able to follow food safety guidelines and maintain a healthy and safe environment.

### FEEDBACK

Regular feedback is encouraged, and you can provide this to your Trainer at each visit or you are welcome to forward your comments direct to our administrative team. There is also a feedback section on our website which provides another option for you.

Should you wish to make a complaint or lodge an appeal please refer to your Terms and Conditions or our website for information on the procedure for this.

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## AVAILABLE SUPPORT

Your Trainer is available to you from 8:30am to 4:30pm each weekday and will provide you their contact details.

Alternately our office is available 8:30am to 4:30pm each weekday and our CEO is available 24 / 7.

Full contact details for our team are available on our website.

## REFERENCE MATERIAL

You will need access to the National Quality Standards (NQS), National Quality Framework (NQF) and learning framework for your service.

You will need access to the Dietary Guidelines for Children and Adolescents in Australia and the Australian Guide to Healthy Eating, including Get Up and Grow: Healthy Eating and Physical Activity for Early Childhood resources.

You will need access to the United Nations Convention on the Rights of the Child

You will need access to company policies and procedures including forms and documents you will need to complete.

Other reference material to support your training and assessment is listed at the end of the relevant textbook chapter.