

NUTRITION FOR CHILDREN

COURSE CONTENT OVERVIEW



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This Nutrition for Children course has been designed by a qualified dietician to help parents, carers and those who look after children understand what makes a good, nutritional diet for toddlers, school-aged children and teenagers. The nutritional intake of a child in their first 3 years has wide-ranging effects on their later life, so it's essential that you have an understanding of which foods to serve in order to provide children with a healthy, balanced diet.

Module One: Toddlers Aged 1-3

This module looks at the best nutrition for very young children and provides some tips and ideas for ensuring they receive all the vitamins and minerals that they need.

- Vitamin A, zinc and iron
- A toddler's diet
- Bread, cereal and potatoes
- Fruit and vegetables
- Milk, cheese and yoghurt
- Meat, fish and vegetarian alternatives
- Foods high in fat and sugar
- Drinks
- Avoiding food battles
- Fussy eating
- Tips for fussy eaters
- Things to avoid

Module Two: Children Aged 4-10

This module looks at the essential components of a child's diet that will ensure they develop well and lead a healthy lifestyle. The module looks at school-aged children, providing ideas for the types of foods they should be eating to gain the best results from their food.

- Salt
- Fibre
- Iron
- Vitamin D
- Childhood obesity
- Physical activity
- Packed lunches
- School-aged children
- Five a day
- Routines and meal times

Module Three: Teenagers Aged 11-18

This module looks at the best nutrition for teenagers to ensure that they are receiving the vital vitamins and minerals needed for healthy growth and development.

- Vitamin deficiency
- Nutrition in schools
- Nutrition for growing teenagers
- Sports nutrition

Module Four: Recipe Ideas

This module presents a few simple recipe ideas for you to try at home in order to provide children with healthy, home-cooked meals and snacks. Many of the recipes are designed to be cooked in batches or frozen for convenience.

Aims of the Training

By the end of this course, learners will:

- Understand the importance of including a range of foods from the 5 key food groups in a child's diet, and know which foods are included in each key food group.
- Understand how to deal with fussy eaters.
- Recognise the importance of including '5 a day', vitamin D and fibre in the diet.
- Understand how to provide excellent nutrition for school-aged children and growing teenagers.
- Be able to cook some simple, fuss-free and highly nutritional recipes.