

NUTRITION FOR CHILDREN

COURSE CONTENT OVERVIEW



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This Nutrition for Children course has been designed especially 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 is essential that you have an understanding of which foods to serve in order to provide your child with a healthy, balanced diet that is prime for their development.

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. The module also provides information on what to do if your toddler is a fussy eater.

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

Module Two: Toddlers and Children

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

- Salt
- Fibre
- Preventing iron deficiency in toddlers
- Good sources of iron
- Preventing vitamin D deficiency in toddlers
- Vitamin D and sunscreen
- Physical activity
- Packed lunches
- School-aged children
- Five a day
- Routines and meal times

Module Three: Teenagers

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.

- Essential nutrients
- Vitamin D deficiency
- Physical activity
- Nutrition in schools
- Nutrition for growing teenagers
- Teenage sportsmen and women

Module Four: Recipes

This module presents a few simple recipe ideas for you to try at home in order to provide children with a healthy, home-cooked meal or snack every day. 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 simply, fuss-free and highly nutritional recipes.