

SPECIALIST AREA: NUTRITION IN EARLY YEARS

(Linked to [ST0888 Early years practitioner](#))

NB. The following duties are indicative and not exhaustive.

SPECIALIST DUTIES:

- Identifies the nutritional requirements of children at different ages and stages of development.
- Explains the benefits of good nutrition and hydration in an early years setting.
- Obtains information about children's special dietary requirements, preferences or food allergies.
- Plans balanced menus, appropriate to children's different dietary requirements and food allergies.
- Promotes good nutrition and hydration in an early years setting.
- Adheres to the hygienic preparation and handling of food in an early years setting.
- Informs parents and carers of any nutrition-related concerns.