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.