
Overview

This unit is about supporting children's physical health through encouraging a healthy lifestyle and providing satisfying and nutritional food and drinks. The unit is appropriate for all settings whose main purpose is providing children and young people with opportunities for freely chosen, self-directed play.

The unit is divided into three parts. The first part describes the two things you have to do. These are:

1. encourage and support a healthy lifestyle
2. provide food and drinks

The second part describes the knowledge and understanding you must have. The third gives some examples and explanations of some words we use in this unit.

The unit is for you if you work directly with children in a setting whose main purpose is to provide children and young people with opportunities for freely chosen, self-directed play and you also provide them with food and drink.

This unit is underpinned by the Playwork Principles and staff must be familiar with these and committed to them in their practice.

SKAPW13 - SQA Unit Code FT4Y 04

Contribute to children's health and well-being

Performance criteria

You must be able to:

Encourage and support a healthy lifestyle

- P1 provide children and young people with accurate and up-to-date information on a healthy lifestyle
- P2 make children and young people aware of risks to their own health
- P3 encourage and support children and young people to consider their own lifestyle and identify ways to improve and maintain their own health
- P4 provide children and young people with opportunities to take part in physical activity

You must be able to:

Provide food and drinks to children and young people

- P5 provide food and drinks which are attractive and meet the nutritional needs of the children and young people
- P6 provide for special dietary and cultural requirements
- P7 prepare food and drinks in a way which meets parents' expressed wishes
- P8 ensure children and young people get access to food and drinks according to their needs
- P9 ensure that the equipment, areas and methods used for storage, preparation, serving and clearing away meet legal and organisational requirements
- P10 encourage children and young people to consider the healthy choices in their food and drinks and the reasons
- P11 involve the children and young people in the selection, preparation, serving and clearing away of food and drinks

Knowledge and understanding

You need to know and understand:

For the whole unit

- K1 how the Playwork Principles specifically relate to this unit
- K2 the importance of a healthy lifestyle to children and young people's development
- K3 the role that the playworker can play in encouraging and supporting a healthy lifestyle
- K4 the basic stages of child development and the implications for:
 - K4.1 lifestyle
 - K4.2 nutrition
 - K4.3 risks to health
 - K4.4 common illnesses

You need to know and understand:

Encourage and support a healthy lifestyle

- K5 sources of information on a healthy lifestyle for children and young people and how to access these
- K6 how to present information on healthy living to children and young people in an effective way
- K7 how to stimulate children and young people to consider their own lifestyle and think of ways they could improve their health
- K8 levels and types of physical activity appropriate to children and young people according to their age and stage of development
- K9 ways in which children and young people can increase their physical activity on a routine basis
- K10 the importance of providing an effective role model for a healthy lifestyle.

You need to know and understand:

Provide food and drinks to children and young people

- K11 the types of meals and snacks which promote healthy eating
- K12 basic knowledge of food hygiene
- K13 the importance of hydration to children and young people especially when they are taking part in physical play
- K14 how to provide a satisfying varied and balanced diet
- K15 refreshments that reflect cultural and specific needs
- K16 the importance of consulting children on the selection, preparation, serving and clearing away of food and drinks
- K17 the play setting's healthy eating policy
- K18 the play setting's procedures for preparing and storing food

Additional Information

Scope/range related to performance criteria

1. **lifestyle**
 - 1.1. diet
 - 1.2. physical activity
 - 1.3. personal hygiene
 - 1.4. protection from infections
 - 1.5. substance abuse
 - 1.6. emotional well-being

Glossary

Children and young people

All children and young people with respect for any impairment, their gender, race, culture, language, sexuality, health, economic or social status and any other individual characteristics

Nutrition

In respect of different foods and their importance to health and a balanced diet

Special dietary requirements

Requirements that correspond to a child's personal beliefs, for example not eating meat or a particular medical condition, for example not eating nuts or flour-based products

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