

LEVEL 2



COMMUNITY FOOD AND NUTRITION SKILLS (EARLY YEARS)

The Level 2 Community Food and Nutrition Skills for the Early Years Course will enable you to cascade evidence based, consistent food and nutrition messages to children (under 5's) and families, and to improve food and drink provision within early years settings.



This accredited course is suitable for anyone who works with under 5's such as child minders, playgroups, family centre and nursery staff.

If an early years setting offering full meal provision wishes to apply for the Boliau Bach / Tiny Tums Best Practice Award, a minimum of one current staff member needs to have completed and obtained Agored Cymru accreditation on this course.

COURSE OVERVIEW

- Part of the all Wales NUTRITION SKILLS FOR LIFE® programme developed by Public Health Dietitians in Wales
- Accredited by Agored Cymru as a Level 2 qualification (2 units, 20 learning hours)
- Learners need to be educated to GCSE level or equivalent in English and Mathematics
- Consists of 5 modules, each made up of classroom based learning and self-directed study
- Face to face and virtual classroom options are available
- Usually delivered over three consecutive weeks but alternative formats can be considered
- Learners complete a portfolio of worksheets which provide evidence that nutritional messages have been understood and learning objectives met

Module 1

Understand the Principles of a Balanced Diet

Module 2

Benefits of Good Nutrition and Hydration in the Early Years

Module 3

Understand Infant Feeding

Module 4

How to Implement Good Nutrition and Hydration in the Early Years

Module 5

How to Promote Good Nutrition and Hydration in your own role

PARTICIPANT FEEDBACK

'Excellent, interesting and well organised course. Highly recommended'

'Invaluable for the job that I do, cooking and menu planning for 2-3 year olds'