



Care and Nurturing

Assessment 2 of 5

Short Answer Questions 2

CHCECE031 Support children's health, safety and wellbeing

CHCECE032 Nurture babies and toddlers

Assessor Guide



Assessment Instructions

Task overview

This assessment task is divided into ten (10) short answers questions. Read each question carefully before typing your response in the space provided.

Additional resources

To complete this assessment, you will need to access:

- Recommendations for children's healthy eating as detailed in the following sources or their successors:
 - Australian Dietary Guidelines
 - Australian Guide to Healthy Eating
 - Infant Feeding Guidelines



Assessment Information

Submission

You are entitled to three (3) attempts to complete this assessment satisfactorily. Incomplete assessments will not be marked and will count as one of your three attempts.

All questions must be responded to correctly to be assessed as satisfactory for this assessment.

Answers must be typed into the space provided and submitted electronically via the LMS. Hand-written assessments will not be accepted unless previously arranged with your assessor.



Reasonable adjustment

Students may request a reasonable adjustment for assessment tasks.

Reasonable adjustment usually involves varying:

- the processes for conducting the assessment [e.g. allowing additional time]
- the evidence gathering techniques [e.g. oral rather than written questioning, use of a scribe, modifications to equipment]

However, the evidence collected must allow the student to demonstrate all requirements of the unit.

Refer to the Student Handbook or contact your Trainer for further information.



Please consider the environment before printing this assessment.

Question 1

In your own words, briefly explain the purpose of the documents listed in the following table. For each document, give a minimum of **two (2)** examples of the recommendations made by the documents.

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include a brief explanation of the documents' purpose and list two (2) recommendations from the documents.

A sample answer is provided below.

Document's name	Purpose (20-25 words)	Two (2) recommendations (30-40 words)
Australian Dietary Guidelines	The Australian Dietary Guidelines include five (5) guidelines and provide clear recommendations for nutrition and meal requirements for babies, toddlers and children.	Student must list any two (2) from the following: <ul style="list-style-type: none"> • Guideline 1: To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs. • Guideline 2: Enjoy a wide variety of nutritious foods from the five food groups every day. • Guideline 3: Limit intake of foods containing saturated fat, added salt, added sugars and alcohol. • Guideline 4: Encourage, support and promote breastfeeding. • Guideline 5: Care for your food; prepare and store it safely.
Australian Guide to Healthy Eating	The Australian Guide to Healthy Eating is a food selection guide which visually represents the proportion of the five food groups recommended for consumption each day.	Student must list any two (2) from the following: <ul style="list-style-type: none"> • Drink plenty of water • Enjoy a wide variety of nutritious foods from the 5 food groups: <ul style="list-style-type: none"> ○ Vegetables, including different types and colours, and legumes/beans ○ Fruits ○ Grain [cereal] foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta,

		<p>couscous, oats, quinoa and barley</p> <ul style="list-style-type: none"> ○ Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans ○ Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)
Infant Feeding Guidelines	<p>The Infant Feeding Guidelines provide advice and recommendations on breastfeeding, the introduction of solids, preparing infant formula and other common health related concerns.</p>	<p>Student must list any two (2) from the following:</p> <ul style="list-style-type: none"> ● Breastfeeding is the healthiest start for infants. ● Cow's milk should not be given as the main drink to infants under 12 months, however small amounts may be used in the preparation of solid foods. ● Exclusively breastfed infants do not require additional fluids up to 6 months of age. ● Introduce solid foods at around 6 months, to meet the infant's increasing nutritional and developmental needs. ● Ensure that solid foods are of appropriate texture. The texture of foods that are introduced should be suited to an infant's developmental stages, moving from pureed to lumpy to normal textures during the 6–12-month period. ● Do not add sugar or honey to infant foods as this increases the risk of dental caries. ● Avoid juices and sugar sweetened drinks. Limit intake of all foods with added sugars. ● Do not add salt to foods for infants. This is an important safety issue as infant kidneys are immature and unable to excrete excess salt.

Question 2

List **three (3)** benefits of healthy eating for children.

[Approximate word count: 40-50 words]

Assessor Guide

CHCECE031 Support children's health, safety and wellbeing
CHCECE032 Nurture babies and toddlers

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include three [3] benefits of healthy eating for children.

A sample answer is provided below.

1.	Healthy eating is essential for children's good health, growth and development.
2.	Healthy eating in childhood means that children will have less chance of developing chronic diseases like heart disease, type two diabetes, obesity and some cancers.
3.	Healthy eating means that children will feel better, look better and enjoy life more.

Question 3

Using your own words, briefly explain childhood obesity and its associated risks.

[Approximate word count: 40-50 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include a brief explanation of childhood obesity and its associated risks.

A sample answer is provided below.

Childhood obesity happens when a child is above their healthiest weight and has too much body fat or an abnormal amount of body fat. Risks of childhood obesity include diabetes, high blood pressure and high cholesterol. Childhood obesity can also lead to poor self-esteem and depression.

Question 4

a) In your own words, briefly explain the difference between food intolerance and food allergy.

[Approximate word count: 50-60 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include a brief explanation of the difference between food intolerance and food allergy.

A sample answer is provided below.

A food allergy occurs when the immune system reacts to a food which is usually harmless. Food intolerance occurs when the body has a chemical reaction to eating a particular food or drink. The symptoms for mild to moderate food allergy or intolerance may sometimes be similar, but food intolerance does not involve the immune system and does not cause anaphylaxis.

b) List **three [3]** foods that often cause moderate or severe food allergic reactions.

Assessor Guide

CHCECE031 Support children's health, safety and wellbeing
CHCECE032 Nurture babies and toddlers

[Approximate word count: 3-5 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include three (3) foods that often cause moderate or severe food allergic reactions. Student can choose any three (3) from sample answers.

A sample answer is provided below.

1,	Peanut / nut / tree nut
2.	Eggs
3.	Cow's milk

Additional responses:

- wheat
- sesame
- fish
- shellfish
- soy

Question 5

Scenario:

Children are just about to have lunch in the toddlers' room at Little.ly Early Learning Centre. The room leader has asked you to help serving food. According to the menu, children are going to have beef spaghetti Bolognese with shredded cheese and garden salad and for dessert, apple and oranges. The spaghetti and beef stew are served in separate containers. There is also cooked rice available on the trolley. Children have access to water throughout the day.

According to the *Allergy /dietary requirements chart* attached to the food trolley:

- Lolita has gluten intolerance
- Armin eats halal food only as his family is Muslim
- Ally's family is against animal cruelty and prefers Ally no to eat meat
- Jess has lactose intolerance
- Mala has severe food allergy to citrus fruit.

a) Complete the following table with your responses based on the scenario. Make sure that your responses should include a brief reasoning and relevant considerations as well.

[Approximate word count: 25-40 words each]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include responses to the questions based on the scenario provided. Student must explain why they responded the way they did and include any considerations in their responses, such as families' belief systems, cultural or religious preferences or children's health requirements.

A sample answer is provided below.

What are you going to serve for lunch to Lolita?	I will serve beef stew and cheese with rice and garden salad to Lolita as she has gluten intolerance and she can't have wheat spaghetti. Students may also state that Lolita can have apple and orange for dessert.
What are you going to serve for lunch to Armin?	I will serve spaghetti with cheese and garden salad to Armin as his family is Muslim and he can't eat non-halal food. Students may also state that Armin can have apple and orange for dessert.
What are you going to serve for lunch to Ally?	I will serve spaghetti with cheese and garden salad to Ally as her family prefers Ally not to eat meat. Students may also state that Armin can have apple and orange for dessert.
What are you going to serve for lunch to Jess?	I will serve spaghetti with beef stew and garden salad to Jess. As she has lactose intolerance, she is not allowed to eat cheeses. Students may also state that Armin can have apple and orange for dessert.
What are you going to serve for lunch to Mala?	I will serve spaghetti with beef stew, cheese and garden salad to Mala. She can have apples only for dessert as she has severe food allergy to citrus fruit. Apples cannot be mixed with oranges in order to keep her safe.

b) In your own words, explain the implications for not adhering to the information captured in the scenario's *Allergy /dietary requirements chart*. Include relevant examples in your response.

[Approximate word count: 90-100 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include an explanation with examples of the implications for not adhering to the information captured in the scenario's *Allergy /dietary requirements chart*.

A sample answer is provided below.

If I/the educator is not adhering to the allergy/dietary requirements chart, this may have serious or even fatal consequences on children with food intolerance and/or food allergy, For example, Mala who has severe food allergy to citrus fruit, may have an anaphylactic reaction and if not receiving EpiPen quickly, may even die. For children with dietary preferences due to cultural or religious reasons, there are no health risks if these preferences are not respected. However, the relationship with the families will be affected in a negative way and the family may lose trust in the educators and/or centre.

Question 6

Look carefully at the following food label:

Assessor Guide

CHCECE031 Support children's health, safety and wellbeing
CHCECE032 Nurture babies and toddlers

Nutrition Information		
Servings per package – 16		
Serving size – 30g		
	Per 100 g/ml	Per Serving
Energy	1170 kJ 423 kcal	797 kJ 190 kcal
Protein	17.1 g	7.7 g
Total Fat	15.3 g	6.9 g
Saturated Fat	2.0 g	0.9 g
Carbohydrate	58 g	22.6 g
Sugars	11.8 g	5.3 g
Ingredients	Whole Grain Oats 53%, Plant Protein Blend (Wheat Protein, Soy Protein Crisps [Isolated Soy Protein]), Brown Rice Syrup, Seeds 6% (Linseeds, Sunflower, Sesame), Nuts (Almonds 3.5%, Hazelnuts 2.5%), Golden Syrup, Raw Sugar, Sunflower Oil, Tapioca Starch, Natural Flavour, Sea Salt, Vitamin [Vitamin E].	
Contains	Wheat, Gluten [Oats], Almond, Hazelnut, Sesame, Soy. May contain traces of milk, barley, peanuts, hazelnuts and tree nuts.	
Storage Instructions	Store in a cool, dry place out of direct sunlight.	

After viewing the food label above, answer the questions in the following table.

[Approximate word count: 2 -20 words each]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include responses to the questions in the table based on the food label, interpreting the information as per sample answers.

A sample answer is provided below.

How much kilocalories [kcal] does one serve of the product contain?	190 kcal
Based on the food label, does the product have any added sugar? Explain your response.	Yes, the product contains 11.8 g sugar per 100g. Brown sugar is also listed as an ingredient.
List the ingredients that may trigger food allergy	Wheat, Gluten [Oats], Almond, Hazelnut, Sesame, Soy, traces of milk, barley, peanuts, hazelnuts and tree nuts.
How should the product be stored?	In a cool, dry place out of direct sunlight.

Question 7

Scenario:

Sammy is five years old and attends your centre two days a week. Today, Sammy is complaining of a sore mouth, and he seems miserable and irritable which isn't normal as he's typically a loud and adventurous little boy. You ask Sammy if you can look in his mouth and he agrees. As you look carefully you see a molar positioned top left of this mouth that appears very dark in colour.

a) In your own words, briefly explains the actions you must take in relation to Sammy.

[Approximate word count: 30-40 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include a brief explanation of the actions you must take in relation to Sammy.

A sample answer is provided below.

This information must be recorded, and Sammy's parents must be notified. The educator must advocate Sammy dental needs to the family as well as ensuring their Centre Director is apprised of the situation of possible tooth decay.

b) In your own words, briefly describe tooth decay and its causes.

[Approximate word count: 30-60 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include a brief description of tooth decay and its causes.

A sample answer is provided below.

Tooth decay is caused when bacteria in the mouth feed on sugar from food and drinks. These bacteria produce acid, which damages the enamel [outer surface of the tooth] and causes holes [dental caries or cavities] in the tooth. Sugars in food and drinks such as soft drinks, cordials, fruit drinks, flavoured milk, sports drinks, lollies, chocolate and fruit bars encourage tooth decay.

c) In your own words, describe the initial, latter and advanced stages of childhood tooth decay.

[Approximate word count: 60-70 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include a brief description of the initial, latter and advanced stages of childhood tooth decay.

A sample answer is provided below.

Tooth decay may show as:

- A dull white band on the tooth surface closest to the gum line – this is the first sign and usually remains undetected by parents (initial stages).
- A yellow, brown or black band on the tooth surface closest to the gum line – this indicates progression to decay (latter stages).
- Teeth that look like brownish-black stumps – this indicates that the child has advanced decay (advanced stages).

d) In your own words, explain how to care for a baby's gums and teeth.

[Approximate word count: 80-90 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include a brief explanation of how to care for a baby's gums and teeth.

A sample answer is provided below.

- Baby's gums need to be cared for and cleaned before the first tooth appears. This can be achieved by wiping baby's gums gently using a clean, damp face washer or gauze.
- As soon as baby's teeth arrive, they should be cleaned twice a day – in the morning and before bed. A small, soft toothbrush designed for children under two years of age can be used. However, if baby does not like the toothbrush continue to use the face washer or gauze to wipe the front and back of each tooth.

Question 8

a) List and briefly explain the steps you need to follow when preparing formula bottle for an infant.

[Approximate word count: 100-110 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include a list and brief explanation of the steps you need to follow when preparing formula bottle for an infant.

A sample answer is provided below.

- Wash hands
- Sterilise the bottle, teats and caps in a steriliser or for five minutes in boiling water.
- Add water to the bottle [see formula instructions for correct amount]. Always use boiled and cooled tap water [bottled water is fine if the container has not been previously opened].
- Always measure the amount of powder using a measured scoop [see formula instructions for correct amount], ensuring the scoop is levelled, then add the powder to the bottle.
- Shake the bottle [with the teat and cap on] until the powder dissolves, then test the temperature of the liquid on your wrist [it should be warm, not hot or cool].

b) Briefly explain the correct procedure for storing leftover formula.

[Approximate word count: 10-15 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include an explanation of the correct procedure for storing leftover formula.

A sample answer is provided below.

Leftover formula should not be stored and reused. It must be discarded.

Question 9

Read the scenario, then answer the questions that follow:

Scenario:

Anouk is a 3-month-old baby who just started to attend day-care. She is still on breast milk. Her mom feeds her at home in the morning, before coming to day-care and she provides two [2] bottles of expressed breast milk every day that Anouk is going to have during the day. When mom comes to pick up Anouk, she prefers feeding her before they leave the centre as they need to go to pick-up Anouk's brother from the nearby school. They like spending some time at the park together.

a) Briefly explain the correct procedure for storing breast milk.

[Approximate word count: 35-60 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include an explanation of the correct procedure for storing breast milk.

A sample answer is provided below.

Expressed breast milk from the mother must be labelled with the child's name and the date when it was expressed, then it must be stored in the refrigerator at 5°C or below and used within 24 hours. Student may mention that breastmilk can be kept for up to 3 months if in the freezer, that is separate from the fridge.

b) List and briefly explain the steps you need to follow when giving a bottle with breast milk provided by the mother to an infant.

[Approximate word count: 100-110 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include a list and brief explanation of the steps you need to follow when giving a bottle of breast milk to an infant.

A sample answer is provided below.

- Wash hands
- Sterilise bottles and cups using a steriliser or by submerging them in boiling water for five minutes.
- Double-check names on the bottle to ensure the name on the bottle matches the name of the baby to be fed.
- Breast milk should be offered in either a sterilised bottle [for babies six months and under] or a sterilised cup [for babies over seven months]. Follow the choices of the family.
- Heat the milk using a bottle warmer.
- Always check the temperature of milk before giving it to the baby. You can do this by expressing a few drops onto your wrist. Do not touch the teat to your body.

c) In your own words, briefly explain how Anouk's mom can be supported by the educators in relation to breastfeeding.

[Approximate word count: 40-50 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include a brief explanation of how Anouk's mom can be supported by the educators in relation to breastfeeding.

A sample answer is provided below.

- Encourage and support breastfeeding, ensuring that the mom feels welcomed and affirmed.
- Ensure that the breastfeeding space is a private, comfortable space, with a chair, blankets, cushions, magazines and access to a drink.
- Provide the necessary procedures for handling and storing breastmilk to make this a pleasant experience.

Question 10

a) Identify and explain **one (1)** reason why parental involvement is important in relation to feeding.

[Approximate word count: 20-30 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include one (1) reason and related explanation for why parental involvement is important in relation to feeding.

A sample answer is provided below.

Student can choose one [1] from the following:

- Encouraging parental involvement in feeding includes supporting mothers who are breastfeeding and providing families with up-to-date feeding information to strengthen trust and positive relationship between educators/centre and families.
- Open communication with parents helps educators consciously contribute to the child's total daily nutrition intake to maintain and support the child's health.

b) Identify and explain **three [3]** ways families can be involved in feeding within a children's education and care setting.

[Approximate word count: 50-60 words]

Assessor instructions: Student responses are likely to include different wording than the sample answer provided. However, the acceptable responses must:

- be within the specified word limit
- reflect the characteristics described in the exemplar answer
- include three [3] ways and related explanation for how families can be involved in feeding within a children's education and care setting.

A sample answer is provided below.

- Incorporate family recipes in the service's menu to represent the families' cultural and religious backgrounds
- Discuss children's specific dietary requirements and negotiate a mutually convenient outcome, such as either providing special food or allowing families to bring their food in.
- Seek families' feedback on menu and food-related matters and try to incorporate their feedback in the daily practice.
- Support and educate families by providing information sheets and other resources to better understand healthy food guidelines for consistency between home and the service.

Assessment checklist:

Students must have completed all questions within this assessment before submitting. This includes:

10 short answer questions to be completed in the spaces provided



Congratulations you have reached the end of Assessment 2!

© RTO Advice Group Pty. Ltd. as trustee for RTO Trust (ABN 88 135 497 867) t/a Eduworks Resources 2021

Reproduced and modified under license by UP Education Online Pty Ltd.

© UP Education Australia Pty Ltd 2023

Except as permitted by the copyright law applicable to you, you may not reproduce or communicate any of the content on this website, including files downloadable from this website, without the permission of the copyright owner.