

S4/5/6 Childcare

Care and Feeding of Children

Good nutrition and providing a balanced diet is a development need for babies and young children.

Write a report on this topic which includes the following;

- Explanation of a balanced diet
- The function and sources of protein, fat, carbohydrates, vitamins and minerals.
- Create a lunchtime meal suitable for a toddler and explain how it is balanced.

Working in Early Learning and Childcare

Research job vacancies within West Lothian in childcare settings. Record any vacancies you find and include

- Job title
- Job description
- Necessary qualifications for the post
- Skills and attributes required for the role.