

PW25 Contribute to providing food and drink in the play environment

Introduction

Summary

Playworkers sometimes have responsibilities for providing children and young people with food and drink in the play environment.

The unit is divided into three parts. The first part gives some examples and explanations of some words we use in the unit. The second part describes what you have to do. This is:

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The third part describes the knowledge and understanding you must have.

Target Group

This unit is for staff working directly with children and young people in a setting whose main purpose is to provide children and young people with opportunities for freely chosen, self-directed play. These staff do not have full responsibility for the play environment but make a significant contribution to supporting play.

Linked Units

This unit links closely with units PW33, PW34, PW35 and PW36.

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

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What We Mean By Some of the Words Used in this unit

Children and young people	<i>All children and young people of school age with respect for any impairment, their gender, race, culture, language, sexuality, health, economic or social status and any other individual characteristics.</i>
Cultural dietary requirements	<i>The types of food and drinks that children and young people are allowed or not allowed to consume according to the requirements of their culture, for example Moslem or Jewish children not eating pork or Hindu children not eating beef.</i>
Specific dietary requirements	<i>Requirements that correspond to personal beliefs or particular medical condition, for example not eating meat, or not eating nuts or flour-based products.</i>

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The National Standard

What you must do

To meet the national standard, you must:

- 1 find out about specific dietary needs of children and young people
- 2 find out about cultural requirements of children and young people
- 3 contribute to providing a variety of food and drink so that children and young people can choose what and when they eat and drink within organisational guidelines
- 4 involve children and young people in the processes of preparation, serving and clearing away, if that is what they want
- 5 ensure food storage and preparation meet organisational and legal requirements
- 6 be responsive to any child or young person who may need your support or assistance with food or drink

What you must cover

You must show that you meet the national standard opposite.

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What you must know and understand

To be competent in this unit, you must know and understand the following

- K1 how the Playwork Principles specifically relate to this unit
- K2 basic legal requirements relating to the storage, preparation and serving of food
- K3 the relationship between nutrition and children and young people's development
- K4 the effect of food intake on children and young people's ability to play
- K5 how food may be used as a play resource and issues related to this
- K6 the types of food and drink which are consistent with healthy eating
- K7 food and drink that meet cultural and specific dietary requirements, including allergies
- K8 how to negotiate with parents in regard to what children and young people should eat
- K9 the importance of children and young people participating in the selection, preparation, serving and clearing away of food and drink
- K10 your organisation's policy in regard to food and drink
- K11 health and safety requirements for food preparation areas
- K12 risk assessments covering children and young people being in food preparation areas