

Cambridge **NATIONALS LEVEL 1/2**



# ***CHILD DEVELOPMENT***

Sample Learner Work  
with commentary

Unit R019: Understand the equipment and nutritional needs of  
children from birth to five years

Version 1

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## INTRODUCTION

This is a guide for teachers so that you can see how we would mark work, Cambridge Nationals are designed to give the learners the project and let them create the work.

The guide contains sample learner work for this unit and covers all learning objectives, graded at Marking Band 1 (MB1) and Marking Band 3 (MB3).

The accompanying commentary explains why each piece of work was awarded its grade.

For MB1 graded work, additional guidance has been added to suggest improvements that could be made to make it an MB2 graded piece of work.

For MB3 graded work, additional guidance has been added to explain why it was awarded that grade and not the lower grade of MB2.

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**Sample Learner Work Marking Band 1**

**Learning Objective 1** – Understand the key factors when choosing equipment for babies from birth to 12 months

**Learning Objective 2** – Understand the key factors when choosing equipment for children from one to five years

SAMPLE LEARNER WORK



## SAMPLE LEARNER WORK

## Travelling equipment:

### Room 1.

A pram is a great piece of equipment for a nursery

Three factors which must be considered when buying a pram is

- o That the pram has a safety kite mark to show it is safe to use
- o The pram must have padding.
- o Prams, cost from £150 to £1000.



### Room 2.

For room 2, I thought that a push chair would be more suitable for toddlers as they are generally easier with the older babies.

Three factors that I will be considering is that;

- o it has storage for places to put things
- o Space for child to fit
- o Has a hood not let the child get wet



## Feeding equipment:

### Room 1.

There easiest way to feed a child in a nursery is to bottle feed.

There should be a bottle sterilizer available to prevent spread of virus's and germs

- o There should be a way of heating the milk.
- o For the children that are breastfed only, there should be a private room.

### Room 2.

In room two there should be equipment which is slightly more mature such as cutlery for the slightly older children. Factors that should be considered when buying cutlery is

- o The knives and forks not to be sharp or have any pointed ends
- o Children should be kept under supervision whilst eating with a knife and fork
- o Make sure the knife and fork are cleaned



## SAMPLE LEARNER WORK

## Sleeping equipment:

### Room 1.

In room one, I would put both cots and Moses baskets so that the mothers can have a choice on which they want their child to sleep in.

These will:

- o Be safe for your child to sleep in
- o Have a low price ranging from £60+
- o They should be washable

### Room 2.

In room two, there should be a mix of cots and mattresses as some of the children (2/3+)

The mattresses and cots will:

- o Be washable
- o Be made from wood
- o Cost from £65+



## Clothing and equipment

### Room 1.

In room one, there should be a spare amount of clothes in case of accidents.

Things which must be considered is:

- a There must be spare nappies
- a When the clothes are washed, they should be dried
- a The design of outerwear should be with a hood to protect from all weather

### Room 2.

In room two, there should be a changes of clothes.

Factors that should be considered are:

- a There should be a variety of sizes.
- a The clothing should be washed



**Learning Objective 1** – Understand the key factors when choosing equipment for babies from birth to 12 months

### **Marking commentary on MB1 sample learner work**

The learner has some understanding of the topic. However, factors when choosing equipment for babies from birth to 12 months are limited. Key items of equipment for a baby to travel, sleep, feed and be clothed have been included and are supported with many pictures. The learner has based the information in the context and setting of a nursery as outlined in the model assignment. The learner focuses on some factors to be considered, these are often basic or limited.

### **Suggested improvements to progress sample learner work to MB2**

In order for the learner's work to achieve the middle band the learner needs to expand on the key factors that could be considered for a range of equipment. A range constitutes at least 3. Reasons would also need to be detailed, clearer and expanded upon. The learner should draw on relevant skills, knowledge and understanding from Unit 18 to provide synoptic evidence.

**Learning Objective 2** – Understand the key factors when choosing equipment for children from one to five years

### **Marking commentary on MB1 sample learner work**

The learner understands the topic and looks at the key factors when choosing equipment for babies from 1 to 5 years. All four key items of equipment for a baby to travel, sleep, feed and be clothed have been addressed. The learner has based the information in the context and setting of a nursery as outlined in the model assignment. In the second part of the evidence the learner focuses on all five factors of what should be considered when choosing the equipment. Evidence is often simplistic and only superficially explores the topic only demonstrating limited understanding.

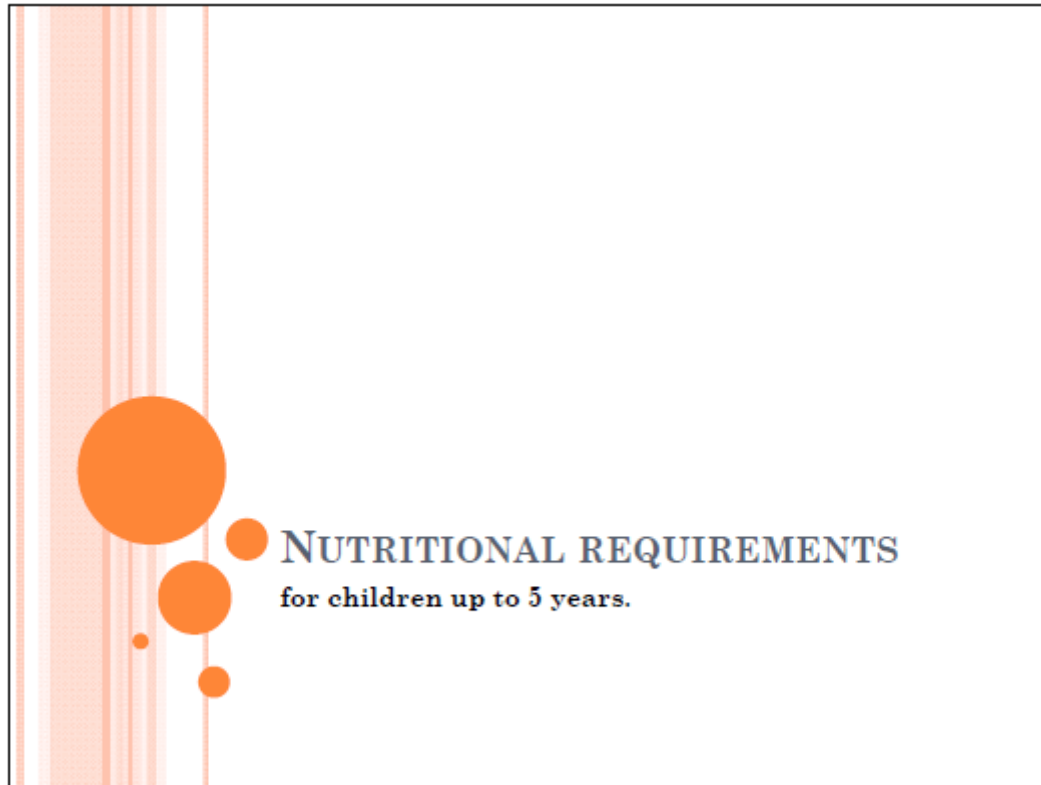
### **Suggested improvements to progress sample learner work to MB2**

The learner has a basic understanding of the requirements of this LO. A limited range of examples are produced visually for all of the types of equipment needed for babies from one to five years. To gain MB2 a range of examples should be evident, at least 3. The learner has outlined the key factors that should be considered when choosing different types of equipment. Limited reasons for choice have been provided. Why items may be rejected should be included. The synoptic links need to be considered. The work meets MB1, as it does not fully meet the assessment criteria for MB2.

**Sample Learner Work Marking Band 1**

**Learning Objective 3** – Know the nutritional guidelines and requirements for children from birth to five years

SAMPLE LEARNER WORK



### WHAT ARE NUTRIENTS?

- A nutrient is a substance that gives essential nourishment for growth.
- Proteins, carbohydrates, fibre, iron, fats and vitamins are all examples of nutrients.
- Protein helps with growth and cell repair.
- Carbohydrates provide energy, growth and repair. From potatoes.
- Fibre provides digestion and its main sources are: fruit.
- Iron maintains cell functions. Cocoa, plain chocolate,
- Fats provide energy and warmth.



## SAMPLE LEARNER WORK

## 0-5 MONTHS.

- Boys of this age should take in between 545-690kcal per day.
- Girls of this age should take in between 515-645kcal per day.
- Their diet usually consists of iron-fortified baby cereals, breast or bottle milk.
- The biggest nutrients at this age should include breast milk, formula milk



## 6-12 MONTHS.

- Boys of this age should take in between 690-920kcal per day.
- Girls of this age should take in between 645-865kcal per day.
- Their diet usually consists of foods similar to milk, baby cereal, orange juice, rice, and soft or mashed fruits.



## SAMPLE LEARNER WORK

## 1-5 YEARS.

- Boys of this age should take in between 1230-1715kcal per day.
- Girls of this age should take in between 1165-1545kcal per day.
- 1 year olds diet should consist of dairy products, fresh juice, fruits,
- 2 year olds diet usually have fresh juice, toast, milk, low-fat desserts, starch, vegetables and a small amount of meat.
- 3 year olds diet could consist of milk, cheese, fruits, rice, vegetables,
- 4 year olds are usually fed vegetables, fruits, grains,.
- 5 year olds should get a mixture of fruits, whole grains, lean meats and low-fat dairy.



## MACRONUTRIENTS AND MICRONUTRIENTS.

- Some nutrients we need in small amounts, some we need in larger amounts. Food is the best source of all these nutrients.
- Macronutrients:
  - ◆ Proteins
  - ◆ Fats
  - ◆ Carbohydrates

These are required in large amount to provide energy to the body.

- Micronutrients:
  - ◆ Vitamins
  - ◆ Minerals
  - ◆ Calcium
  - ◆ Iron

<http://www.unicef.org/nutrition/training/2.1/3.html>

## SAMPLE LEARNER WORK

## WHY IS FIBRE IMPORTANT?

- Fibre is a big part of the eat well plate. It can prevent several diseases as well as improving general health.
- Soluble fibre:
  - ✦ Oats, barley and rye.
  - ✦ Fruit and vegetables.
- Insoluble fibre:
  - ✦ Bread.
  - ✦ Cereals.
  - ✦ Nuts and seeds.

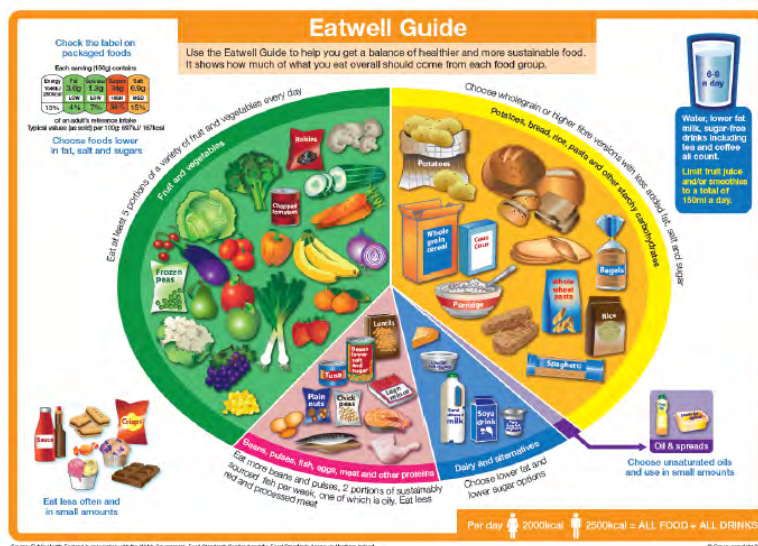


## WHY IS WATER IMPORTANT?

- All living things must have water to survive it is an essential nutrient. It is a very important factor in a child's development and growth. It is needed for digestion and blood circulation.



## THE EATWELL GUIDE



### Marking commentary on MB1 sample learner work

The learner has briefly outlined each topic in the LO on the nutritional guidelines and requirements for children from birth to five years. The evidence is presented in a PowerPoint which covers each four pieces of equipment, however, detail is lacking. The work is supported with 3 examples and visual stimulus. Some of the functions of nutrients in the specification are addressed and include limited examples of sources. The learner outlines some of the nutritional requirements for the three stages. The eatwell guide is included; however, government guidelines relating to healthy eating is incomplete.

### Suggested improvements to progress sample learner work to MB2

The learner has a basic understanding of the requirements of this LO. A limited number of functions and sources of nutrients listed in the specification have been covered. To gain MB2 most should have been covered. The nutritional requirements for each of the three stages have been outlined; to achieve MB2 learners should provide a description of most of the nutritional requirements for each of the three stages. The last stage 1 to 5 years was particularly brief. A government guideline on healthy eating requires development to include more descriptive aspects. The quality of content and examples although relevant illustrate a limited understanding of the task.

**Sample Learner Work Marking Band 1**

**Learning Objective 4** – Be able to investigate and develop feeding solutions for children from birth to five years

SAMPLE LEARNER WORK

## Task 3

### What will this include?

In this task I will talk about:

- The advantages and disadvantages of bottle feeding
- How to make a bottle feed
- The advantages and disadvantages of breastfeeding
- A comparison between breastfeeding, bottle feeding and a combination of both
- An evaluation



## SAMPLE LEARNER WORK

## Breastfeeding

Advantages	Disadvantages
It gives your baby the correct amount of nutrients it needs for growth and development	However, alcohol, drugs and certain foods can be passed on to you baby through the milk which could cause your them health problems
It also contains natural antibodies to ward off infections from your baby	Also, you wouldn't be able to measure how much you are feeding your baby
It is easier for you as its quicker than making a bottle as you don't have to sterilise your milk before you feed it to your baby	
It also helps you lose weight faster as the muscles in your stomach will be contracting to pump out the milk	

For breastfeeding you don't need any equipment. If you choose bottle feeding you will also need some bottles, teats and muslin cloths.

## Bottle feeding

Advantages	Disadvantages
Bottle feeding still contains all the nutrients a baby needs for growth and development.	However bottle feeding is expensive as you have to buy all the equipment and will also have to buy the formula often
Also, you will be able to go back to work quicker as you aren't having to feed the baby yourself	Also, it doesn't pass your immunities on to your baby as they aren't in formula milk

For bottle feeding you will need a steriliser. Different ones cost different amounts so it depends on which one you would like to get.

## How to make a bottle feed

What you will need:

- Clean and sterilised bottles,
- Clean working hands
- The formula milk powder

scoop: make sure you level it off to get an exact amount

6. Now put the teat, lid etc. back on
7. Before feeding it to your baby test the temperature

What to do:

1. First fill your kettle and put it on the boil
2. Allow it to cool
3. Read the instructions on the formula milk to check how much water you need and the scoops of powder you require
4. Pour the amount of water into the bottle
5. Add the formula milk using the

## Comparison

- Breastfeeding is a good option as it contains natural things to stop infections.
- Bottle feeding is good because it allows other people than just yourself to feed your baby.
- A combination of both is good as you and your baby.

## SAMPLE LEARNER WORK

## Evaluation

Here I will write about the different ways of feeding your baby and tell you which I would recommend.

Breastfeeding your baby is good for many reasons such as it is convenient. If you are unable to feed use a bottle. However, it takes longer and you have to buy boxes of the milk powder.

### Marking commentary on MB1 sample learner work

The learner has chosen the task of preparing a bottle feed. A nutritional analysis is provided which outlines the nutrients for both breast and bottle feeds. There is very limited consideration of factors on feeding. Sterilisation aspects for the equipment are included; however, any reference to personal hygiene is omitted. Comparisons are very basic. An evaluation has been attempted where brief strengths and weaknesses have been stated however, no improvements have been suggested.

### Suggested improvements to progress sample learner work to MB2

The learner has a limited understanding of the requirements of this LO4. The practical task of making up a bottle feed for a baby 0 to 6 months has been completed. The supporting evidence is limited and basic. To gain MB2 learners need to include a sound comparison which looks at each feeding solution, breast, bottle and combination. The learner has completed the practical task, however, the centre should provide a detailed witness statement to support the mark awarded, clearly justifying why a particular MB has been given. The witness statement can be located in the OCR-set Assignment document R019. To gain MB2, justification through a witness statement to support and verify that the practical task has been carried out with minimal support is required. Hygienic practices need to be followed effectively; this can be evidenced through the evaluation and annotation on the witness statement.

**Sample Learner Work Marking Band 3**

**Learning Objective 1** – Understand the key factors when choosing equipment for babies from birth to 12 months

**Learning Objective 2** – Understand the key factors when choosing equipment for children from one to five years

SAMPLE LEARNER WORK



### TASK 1

#### Room 1


In room 1, the babies will be aged up to 12 months. They will need key equipment, such as:

- Travelling equipment
- Feeding equipment
- Sleeping equipment
- Clothing and footwear

I will guide you through each piece of equipment

I will also use my knowledge from units R018 when completing this task.

R018 when observing a child I can use knowledge gained from my work on the equipment and feeding options available to buy and look at what is used for the child I will be observing and what is used in the nursery rooms.



## SAMPLE LEARNER WORK

## TRAVELLING EQUIPMENT

In the nursery, baby carriers will be available for the babies and the parents.

- ◊ Baby carriers are available in lots of different styles.
- ◊ Carry seats are quite easy to store as they are quite small.
- ◊ Some carry seats can be converted into car seats.
- ◊ They can be used to carry around the supermarket, however some parents prefer prams as the carry seats can be quite heavy.
- ◊ I think carry seats should be used up till the age of 8 months.
- ◊ Carry seats will be safe for the baby when converted into a car seat but I don't think its very easy for the parents to carry around the supermarket.
- ◊ I would reject car seats for a small baby as they are not so easy to use when shopping and walking.
- ◊ I would not spend over \$600 on a pram as there are many other items a baby needs.

In the nursery, there will be prams available to take the babies out. These prams can be used to go around the supermarket.

- ◊ Prams are available in lots of different styles and sizes.
- ◊ Many prams can be converted into a carrycot; and many have a car seat/ carrying insert.
- ◊ Prams should have safe brakes to keep the baby safe.
- ◊ The pram should be strong and sturdy as you want them to last for more than one baby.
- ◊ It should be weather resistant to keep the baby warm.
- ◊ It should be well balanced and easy to steer.
- ◊ Prams come in lots of styles however some prams can be converted into buggies. I think babies should be laid down in a pram until they're at the age of 8 months.
- ◊ Prams are usually cost around \$200 - \$1000, depending what type of style you choose.



## FEEDING EQUIPMENT

In the nursery, There will be equipment for bottle feeding.

- ◊ If you wish to bottle feed your baby/ child, there will be bottles, sterilizers, teats, bibs provided at the nursery.
- ◊ If bottle feeding, you will also be able to take the prepared milk around the supermarket.
- ◊ Bottle feeding is very hygienic as the sterilizers kill all the bacteria.
- ◊ When bottle feeding you baby, both parents will be able to create a bond with the child.
- ◊ The nursery will provide a quiet area to feed your baby.
- ◊ I think the appropriate age to stop bottle feeding varies; as some parents stop bottle feeding at 11 months so they can start on solid foods. But some children have bottles until the age of 5 because they like it at bed time.
- ◊ Bottle feeding does cost a lot more than breast feeding as you will need to buy formula milk, sterilizers, bottles, teats and bibs.
- ◊ I think bottle feeding is safe however there is always a risk of the milk being too hot for the baby.
- ◊ Teats come in lots of different sizes, depending on how old your baby is.
- ◊ Also, bottles come in lots of different sizes and styles.

The nursery will provide equipment for breast feeding.

- ◊ There will be a quiet, independent area in the nursery to breast feed your baby.
- ◊ I think breast feeding is safe for your baby as it provides all the nutrients the baby needs and is already the correct temperature.
- ◊ At the nursery, breast pumps, nipple pads, bottles, sterilizers and teats.
- ◊ If you wish to go to the supermarket, you will be able to express your milk before you go and then use a bottle and teat to feed your baby.
- ◊ I think breast feeding is hygienic, but if you were to express your milk you would need to sterilize the bottles to get rid of all the bacteria.
- ◊ I think the babies will be comfortable whilst breast feeding as the parents are able to hold the child and bond with them.





## SAMPLE LEARNER WORK

## SLEEPING EQUIPMENT

The nursery will provide cots for the babies to sleep in whilst the parents are at the supermarket.

- Cots are safe as the baby is unable to climb out or fall. But, babies like to wriggle around a lot and are able to hit themselves on the edge of the cots.
- Cots usually cost around £100-£1000, depending on the style.
- I think the appropriate age to move from a cot to a bed is around the age 3, but it's your choice.
- Cots are available in lots of different designs. Some are made from wood, some are made from plastic. Although, there are lots more materials cots could be made from.



The cots in the nursery will have comfy mattresses.

- The mattresses' will be safe and waterproof.
- The mattresses' will be comfy, so its easier for the babies to sleep.
- The cost of mattresses' can depend on the comfort. They price around £20 - £100.
- The mattresses will be easy to wipe down and clean in case the babies wet the bed.
- I would reject a mattress that isn't waterproof.

Moses baskets will be provided at the nursery for the young babies.

- The appropriate age for a moses basket would usually be from birth to the age of 1.
- The cost of moses basket differ from around £30 - £100.
- The moses baskets in the nursery will be comfy, so it will be easier for the baby to sleep.
- The moses baskets will be stable and easy to lift.
- The moses baskets have a hood to shade the baby from the light.



## CLOTHING AND FOOTWEAR

Nappies will be available at the nursery, if your baby is not potty trained.

- I think the appropriate age to stop using nappies is around 2-3. However, it depends whether your child is potty trained.
- Nappies usually cost around £8 for 70.
- The nappies will be safe as they will be very waterproof.
- They will be available at the nursery in all different sizes, depending on your child's age.
- There will be bins provided around the nursery to dispose of the nappies.
- There will be a private changing room, to change the nappies.
- The nappies can be used whilst you go around the supermarket.

There will be a variety of clothing around the nursery, such as tops, vests, trousers, baby grows.

There will be incase your child has had a spillage.

- The clothing will be safe as they will be washed and dried every time they've been worn.
- The clothes usually cost around £10 - £20, but this depends on what style of clothes you like to by for the child.
- The material will be great, as it will last a long time. It wont matter whether your child has spilt something as it will be washed in the nursery.



## Room 2

○ In room 2, the children are ages from 1 – 5.  
They will need the following equipment in the nursery:

- Travelling equipment
- Feeding equipment
- Sleeping equipment
- Clothing and footwear

## TRAVELLING EQUIPMENT

Reins will be available in the nursery because some children prefer to walk than be in the buggy.

- Reins are safe as they will keep your child from running away.
- Reins cost around £5 - £10. I think this is a great price.
- I think your child should be using reins from the age they can walk till the age of 4. But it depends whether the child is able to stay by your side instead of wondering away from you.
- Reins come in lots of different styles. Some reins come with a backpack. They also come in lots of different colours, which makes it appealing to the children.
- Some children don't find reins comfortable, but some come with adjustable straps so they don't hurt the child.

Buggies/pushchairs will be available in the nursery incase the parents would like to take the child around the supermarket.

- Buggies are safe as they have a harness to support the child.
- The child will be comfortable in the buggy as it may be purchased with a blanket to keep the child warm.
- Buggies usually are purchased with a waterproof cover. This cover will protect the child from the weather. They may also be bought with an umbrella to shade them from the sun.
- Buggies come in lots of different sizes and cost around £200 - £1000.
- Buggies aren't very easy to wash, however they will be easier to wipe down.

I think its important for a child aged 1-5 to have a car seat.

- Car seats will keep the child safe so no injuries occur when driving.
- The harness can be adjustable so the child is safe and comfortable.
- Car seats usually cost around £50 - £100.
- The car seats aren't usually easy to wash, however you will be able to wipe the seat down.



## SAMPLE LEARNER WORK

## FEEDING EQUIPMENT

- There will be trainer cups in the nursery to help the young children to drink by themselves.
- The trainer cups will be safe as they're easy to hold as they have big handles which means there may be less spillages.
- The cup will be easy to clean as it is only plastic. This also means that it will have a great durability.
- Trainer cups aren't very expensive as they only cost around £5.
- The trainer cups can be bought in lots of different styles which is great because the child could choose their favourite. Some trainer cups are bought with lids so the children has less chance of spilling it. The handles can be removed to train the child to hold a cup carefully.

- Cutlery will be available in the nursery to enable the children to feed themselves.
- The cutlery will be plastic so its safe for the children to hold without any accidents.
- The cutlery costs around £5 They can also be designed to the children's taste so they can choose ones that they prefer.
- The cutlery will help the children to feed themselves and not depend on their parents as they may be at the supermarket whilst the child's at the nursery.
- The cutlery will probably be appropriate for ages 3 and above as the younger children could struggle.

- Weaning bibs will be at the nursery for when solid food is introduced in to the child's diet.
- They will help the children to not spill any food as it will be caught in the bib.
  - They cost around £6, and are very useful.
  - They are easy to clean or wipe down.
  - Weaning bibs can be designed using a lot of different materials however the rubber ones will be easier to clean.
  - They are appropriate for any child that has started weaning but probably around the age of 2 or 3



## SLEEPING EQUIPMENT

- A bed guard will be very useful in the nursery to prevent the children from falling out and hurting themselves.
- They cost around £20 depending on what style you choose.
- They come in lots of different sizes and colours. Some of them even have designs on them.
- Most bed guards are made out of a mesh material and plastic so if the child does bang their head it won't hurt as bad.
- They are appropriate from the age when the child starts sleeping in their own bed.

- Duvets will be available in the nursery to keep the child warm when they are sleeping or having a nap.
- The duvets are safe as they have a soft material and keep the child warm and cosy.
- They usually cost around £15 - £20.
- They are appropriate for any ages however I would avoid putting them in a cot with a tiny baby as they might get suffocated.

- Cot bed and beds will be available in the nursery so the children can have a nap or go to sleep.
- The beds will be safe as they will have bed guards and the mattress will be very comfy.
  - The beds can be made out of many materials. Some beds even come in designs or castles or beds etc.
  - They usually cost around £100 - £200 for a children's bed.





## SAMPLE LEARNER WORK

## CLOTHING AND FOOTWEAR

- Nappies will be available in the nursery for the children who are learning to go to the toilet.
- They are safe as they are made with a soft material which will keep the child comfortable.
- They usually cost around £15 for 80 nappies.
- They aren't reusable, so bins will be provided around the nursery to dispose of them.
- They will be available in lots of different sizes depending on the child's age.
- They will be very water proof.



Clothes for older children will be put in the nursery incase of any spillages in the nursery.

- The clothes usually cost around £10 - £15 depending on the style.
- They are easy to clean as they can be put in the washer machine. They will be cleaned every time there has been a spillage and once the child has worn them.
- They will last a long time as the material is a good quality.
- They are available in lots of different sizes depending on the age of your child.
- They will be available in lots of different such as nightwear, outerwear and daywear.

Trainer pants will be available in the nursery for children who are learning to go to the toilet/potty.

- They usually cost around £5, which isn't too expensive.
- They are safe as they material is soft and wont upset the child.
- They become in lots of different styles, so the child can choose their favourite.
- They are easy to clean as they can be put in the washer machine.
- They are appropriate for an age when your child starts to go to the toilet.



**Learning Objective 1** – Understand the key factors when choosing equipment for babies from birth to 12 months

### Marking commentary on MB3 sample learner work

The learner understands the topic and looks at the key factors when choosing equipment for babies from birth to 12 months. All four key items of equipment for a baby to travel, sleep, feed and be clothed have been addressed. The learner has based the information in the context and setting of a nursery as outlined in the model assignment. The second part of the evidence the learner focuses on all five factors of what should be considered when choosing the equipment.

### Why it was awarded MB3 not MB2

The learner has a very clear understanding of the requirements of this LO. A wide range of relevant examples are produced visually for all of the types of equipment needed for babies from birth to 12 months. The learner has explained in reasonable detail the key factors that should be considered when choosing equipment. Reasons why items may be rejected have also been included. The synoptic links have been briefly addressed. The work is just MB3, as it briefly considers all the requirements of the LO and examples are relevant and illustrate that the learner understands the task.

**Learning Objective 2** – Understand the key factors when choosing equipment for children from one to five years

**Marking commentary on MB3 sample learner work**

The learner understands the topic and looks at the key factors when choosing equipment for babies from 1 to 5 years. All four key items of equipment for a baby to travel, sleep, feed and be clothed have been addressed. The learner has based the information in the context and setting of a nursery as outlined in the model assignment. In the second part of the evidence the learner focuses on all five factors that should be considered when choosing the equipment.

**Why it was awarded MB3 not MB2**

The learner has a very clear understanding of the requirements of this LO. A wide range of relevant examples are produced visually for all of the types of equipment needed for babies from one to five years. The learner has explained in reasonable detail the key factors that should be considered when choosing equipment. Why items may be rejected has been included. The synoptic links have been briefly addressed. The work is just MB3, as it considers all the requirements of the LO and examples are relevant and illustrate that the learner understands the task.



**Sample Learner Work Marking Band 3**

**Learning Objective 3** – Know the nutritional guidelines and requirements for children from birth to five years

SAMPLE LEARNER WORK

## Task 2

### What will this pack include?

In this training pack I will tell you about the nutritional requirements for 3 age groups:

- 0-5 months
- 6-12 months
- 1-5 years

This pack will also include information on:

- Macro and micro nutrients
- The functions and sources of nutrients
- Other dietary needs
- The eatwell plate
- Making healthy choices

## Macro and Micro Nutrients

Macronutrients are nutrients that are needed in large amounts. This includes:

- Proteins
- Fats
- Carbohydrates

Micronutrients are nutrients that are needed in smaller amount but are still just as important. These include:

- Vitamins
- Minerals

## Functions and sources of nutrients 1

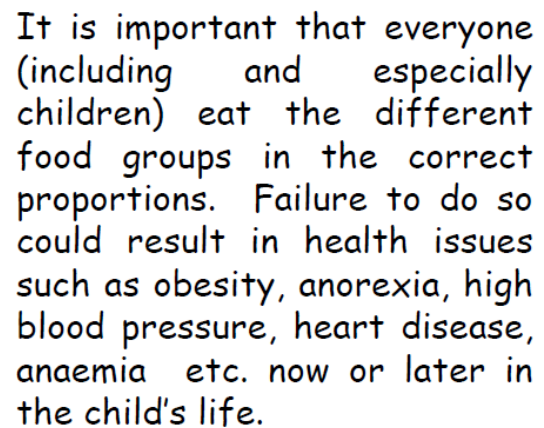
Nutrient	Function	Sources
Protein	Growth and repair of cells and body tissues	Meat, milk, cheese, eggs, beans, peas, nuts, quorn, tofu
Fat	To provide energy and warmth	Meat, butter, cheese, olive oil
Carbohydrates: 1. Sugary 2. Starchy	To provide energy and work with protein	1. Honey, fruit, chocolate 2. Potatoes, pasta, rice
Vitamin A	Keeps your skin, eyes and mucus membrane healthy	Butter, eggs, carrots, apricots, cheese
Vitamin B group (including folic acid)	Helps with the release of energy from food	Bread, wholegrain cereals, meat, fish, yeast
Vitamin C	Helps to absorb calcium and iron, heals wounds and protects against infections and allergies	Citrus fruits, strawberries, green vegetables, blackcurrants
Vitamin D	Aids the absorption of calcium	Fish, eggs, fatty meats

## Functions and sources of nutrients 2

Nutrient	Function	Sources
Vitamin E	An antioxidant that helps stop substances that get into the body from the air, water and elsewhere damaging it.	Vegetable oils, lettuce,
Vitamin K	Helps the blood clot. Important when you have an injury to stop bleeding as much.	Leafy vegetables, cheese and bacon
Calcium	Normal growth in children, strength for bones and teeth	Milk, butter, cheese
Iron	This maintains cell functions and is an important part of haemoglobin.	Red meat, cocoa , plain chocolate and spinach
Fluoride	This helps keep calcium in teeth and bones and helps to resist acid produced in the mouth by bacteria.	. It can be found in tap water and toothpaste

## Other dietary needs...

- **Fibre:** this aids digestion, gets rid of waste and prevents constipation. It helps you fill full for longer. It can be found in cereals, fruits and vegetables. We are recommended that children have at least 5 portions per day. The proper name for fibre is non-starch polysaccharide (NSP).
- **Water:** this is an important part of all body functions and processes. Our body contains 20% of water. If we don't drink enough it can cause dehydration. Other symptoms are; headaches, overheating of the body, weakness and feeling sick. This can be taken in through just water, milk and fruit juice.



## Making Healthy Choices

- Base you meals on starchy foods
- Eats lots of fruit and vegetables
- Eat fish at least twice a week
- Don't eat too much saturated fat
- Don't eat too many sugary cakes and biscuits and sugary drinks
- Don't eat more than 3grms of salt and less if possible
- Be active exercise each day, enjoy a sport
- Drink plenty of water
- Don't skip breakfast

## Health issues caused by diet

- Anaemia- caused by a lack of iron intake
- Obesity- caused by eating too many fatty/sugary foods a problem with children in the UK
- High blood pressure- caused by high cholesterol which is caused by a high intake of saturated fats
- Constipation- occurs when not enough fibre is eaten
- Slow child growth- can be caused due to a lack of vitamin B
- Tooth decay- can be caused by a lack of fluoride

## Nutritional Requirements for 0-5 months

Babies aged 0-5 months will require either:

- Breast milk
- Formula milk
- Mixture of breast and formula
- Soya milk- this would be used if the baby is lactose intolerant

## Nutritional requirements for 6-12 months

Babies aged 6-12 months will be at the weaning stages of feeding so would require different foods at each stage

1. Stage 1 they would have pureed foods like fruit and vegetables as well as baby rice.
2. Stage 2 they would eat minced foods such as chicken and finger foods like toast.
3. At stage 3 they will now be onto solid foods such as pasta and cheese.

As they get further through each stage they will require less and less milk

## Nutritional requirements for 1-5 year olds

Children/toddlers aged between 1 and 5 years require foods from the main food groups:

- Carbohydrates- bread, cereal, rice, pasta
- Fruit and vegetables- apples, raspberries, carrots, peas
- Dairy sourced protein- cheese, yoghurt, milk
- Non-dairy sourced protein- eggs, meat, fish, quorn
- Fatty and sugary foods- chocolate, crisps, fizzy drinks

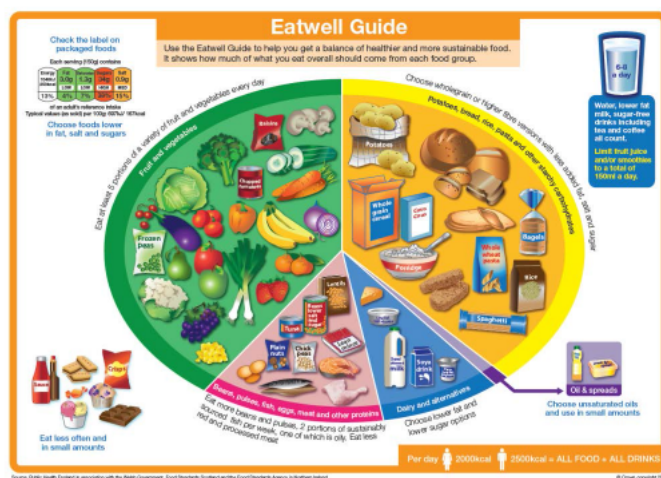
All these foods need to be eaten in the correct proportions; for example they must eat at least 5 portions of fruit/vegetables everyday.



## SAMPLE LEARNER WORK

Nutritional requirements

Age of child	Boys	Girls
0-5 months	2890ks/day	2690ks/day
6-12 months	3340ks/day	3200ks/day
1-5 years	6000ks/day	5360ks/day

The functions of nutrients

Macro: The bigger nutrients e.g. Carbohydrates and proteins

Micro: The smaller nutrients e.g. Magnesium and iron

**Protein**-You can get protein from broccoli, chick peas, beans, peas, nuts, lentils, rice and cereals. It can help with muscle growth but too much can make the body acidic.

**Carbohydrates**- you can get them from pasta, bread, potatoes, rice, noodles and beans. They give the body energy.

**Vitamins and minerals:**

VA- keeps the skin and eyes healthy. Get it from carrots, green vegetables and apricots.

VB- helps the release of energy from food. Get it from bread and whole grain cereals.

VC- helps in the absorption of calcium and iron. Get it from citrus fruits, strawberries, tomatoes, green vegetables and peppers.

**Fibre**- aids digestion and prevents constipation. Get it from cereals, fruit and vegetables (including the skin)

**Fats**- to provide energy and warmth. Get from nuts, sunflower oil, olive oil, soya beans and rapeseed oil.



70% of the body is made up of water

## SAMPLE LEARNER WORK

Importance of water

Water is very important in a child's diet. Half of a child's weight is made up of water and is important for body functions. It is important for Digestion support, Constipation prevention and proper blood circulation.

Water helps transport nutrients and oxygen to cells, regulate body temperature, and maintain sodium balance. A child should drink about 6-8 glasses of fluid per day.

It hydrates without providing extra energy or risking harm to teeth. Children should drink more water when they're ill, when it's hot out, and when they're doing sport.

sample menus

A sample one-day menu for a one year old can be found here:

<https://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/Sample-One-Day-Menu-for-a-Preschooler.aspx>



## SAMPLE LEARNER WORK



Foods for babies  
4 to 6 months old can be found here:

<http://wholesomebabyfood.momtastic.com/solidfood4to6montholdbaby.htm>



A sample one-day menu for a Preschooler can be found here:

<https://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/Sample-One-Day-Menu-for-a-Preschooler.aspx>



## SAMPLE LEARNER WORK

0-5 month diet**Cereals and other starchy foods (macro):** 0-

1/4-1/2 cup cereal (mixed)

**Fruits (macro):** 1/4-1/2 cup, pureed**Juices:** None**Meat, poultry, eggs, fish (micro):** None**Plain yogurt:** None**Water (micro):** Not needed except during very hot weather, or if baby has diarrhea1-5 years diet**Cereals and other starchy foods (macro):** 3-4

1/2 cup servings

**Fruits (macro):** 1 cup pureed, canned, soft fresh fruits**Juices:** 1-2 cups**Meat, poultry, eggs, fish (macro):** 1/2 cup**Plain yogurt:** 2 – 4 Tbsp.**Water (micro):** As often as infant will drink.6-12 month diet**Cereals and other starchy foods****(macro):** 1-2 1/2 cup servings, including mashed potatoes, pasta, rice, breads, crackers, toast, rolls, and soft muffins**Fruits (macro):** 1/2-1 cup pureed, canned, soft fresh fruits**Juices:** 1/2 cup**Meat, poultry, eggs, fish (macro):**

1/4-1/2 cup

**Plain yogurt:** 1-2 Tbsp. /day after 6 months of age**Water (micro):** As often as infant will drink.**Marking commentary on MB3 sample learner work**

The learner has covered each topic in the LO on the nutritional guidelines and requirements for children from birth to five years. The evidence is presented in an informative PowerPoint which addresses each topic and work is supported with relevant examples. All the functions of nutrients in the specification are addressed and examples of sources produced. The learner describes all the nutritional requirements for the three stages. Sample menus have also been provided. The eatwell guide and government guidelines relating to health and eating are also included with adaptations linked to children's diets.

**Why it was awarded MB3 not MB2**

The learner has a very clear understanding of the requirements of this LO. All the functions and sources of nutrients listed in the specification have been provided. A description of all the nutritional requirements for each of the three stages has been covered. Supporting material on children's diets and menus can be evidenced. The work is just MB3, as it covers all the requirements of the LO and examples are relevant and illustrate that the learner understands the task. Full marks have not been awarded as detail is lacking in 3.3.

**Sample Learner Work Marking Band 3****Learning Objective 4** – Be able to investigate and develop feeding solutions for children from birth to five years**SAMPLE LEARNER WORK****Task 3**

From the ages of 0 – 6 months it is essential your baby fulfils all its nutritional needs and gets a range of vitamins and minerals to ensure a healthy growth and a healthy repair of cells and body tissue.

Nutrients are very important for your baby, especially at such a young age.

The functions of nutrients are to:

- Help the body grow and repair
- Provide energy
- Keep the body warm
- Help carry out other essential processes such as digestion.

Foods usually contain more than one nutrient. For example, **milk** contains protein, fat, carbohydrates, vitamins and minerals.

Nutrients in breast and bottle milk

Nutrient	Breast	Formula	Function
Protein (g)	1.2	1.5	Growth and repair of cells and body tissues
Fat (g)	3.8	3.6	To provide energy and warmth
Carbohydrate (g)	7.0	7.2	To provide energy, they also work with protein to aid growth and repair
Sodium (mg)	15	15	To control blood pressure, blood volume and helps muscles and bones work
Calcium (mg)	125	44	Makes bones and teeth stronger
Phosphorous (mg)	15	30	Works with calcium to aid bones and teeth and makes them stronger
Iron (mg)	0.08	0.12	Helps to make red blood cells which carry oxygen round the body
Vitamin A (µg)	58	79	Keeps skin, eyes and mucous membranes healthy
Vitamin C (µg)	4.3	5.6	Helps in the absorption of calcium and iron and helps wounds to heal. Protects against infections and allergies
Vitamin D (µg)	0.01	1.1	Helps regulate the amount of calcium and phosphate in the body

Resources needed for breast feeding

- Breast pump
- Nipple pads
- Bottles
- Nipple shields
- Nipple cream
- Steriliser
- Bib



## SAMPLE LEARNER WORK

Resources needed for bottle feeding:

- Bottles
- Teats
- Steriliser
- Bottle brush
- Bib
- Formula milk

Breast feeding:

Although you may hear many myths about breast feeding such as aching boobs; there are many benefits of it. Breast milk is the only natural food designed for your baby, it's the right temperature and it can build an especially strong bond between mother and child. It also prevents your baby from getting sickness/diarrhea, constipation, eczema, asthma and obesity.

On the first day, your baby should be breast fed three-four times. After the first two days, your baby will seem hungry most of the time and he/she probably is – considering he/she will digest this milk within a couple of hours. At this point, your baby will usually feed around eight a day, although it could be more depending on how hungry your baby is and there is no maximum amount of feed within the first weeks. However, the more milk you feed your baby, the more milk your breast will produce and this may cause extra leakage.

**Reasons to breast feed:**

- Breast feeding is the only natural food designed for your baby.
- Breast feeding protects your baby from infections and diseases.
- It's free.
- Milk is the right temperature.
- It can build a strong physical and emotional bond between mother and baby.
- It's available when and wherever your baby needs a feed.
- Lowers your risk of ovarian cancer.
- Uses up to 500 calories a day!

**However...:**

- It's time consuming
- Breast feeding uses up lots of energy so mother may feel fatigued.
- Working mothers can find it hard to schedule feedings.
- The mother has to pump milk into a bottle if someone else wants to feed the baby.

If you do decide to breast feed...

**Your baby is getting the right amount of milk if:**

- They are feeding six – nine times a day.
- Breast feeding feels comfortable and soreness wears off within the first few sucks.
- Your baby looks a healthy colour and is gaining weight.
- Your baby is alert when he is awake and asks for feeds.
- You can hear/see your baby swallowing the milk and has made sure he is latching on properly.
- Your baby's wee is odour and colourless.

**How to breast feed your baby:**

1. Sit or lie back until your back feels supported and comfortable.
2. Bring your baby to your breast and position his head so that he does not have to turn his head to reach it. His nose and mouth should be in line with your nipple.
3. Gently cradle his head and support your baby's shoulders with your forearm.
4. With his head tipped back, your baby's mouth should then latch on to your nipple.



## SAMPLE LEARNER WORK

**Bottle feeding:**

Bottle feeding is an alternative to breast feeding but is not natural. However, if the baby is correctly bottle-fed there is no reason they should not thrive and develop in the same way as a breastfed baby.

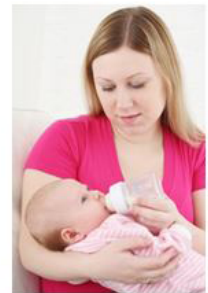
There are a massive variety of instant formula milks on the market and each provide the correct amount of nutrients for a baby. Products are designed for each age of a baby and contain different proportions of the different nutrients modified according to the age of the baby. When bottle feeding or breast feeding a baby, ensure bottles and equipment are properly sterilised before use!

**Reasons to bottle feed:**

- Feedings can be divided by you and your partner, which is useful for working mums.
- Sharing feedings can also ensure a stronger bond between dad and the baby and can enjoy this intimate bond.
- After around 9 months, some mums want their body back and decide breastfeeding is not appealing anymore and therefore decide to bottle feed.
- Parents may find it more satisfactory to know how much milk their baby is consuming.
- Bottle feeding is also considered more socially acceptable than breast feeding and can be done anywhere in public without any judgment.

**However...:**

- Formula milk does not contain certain nutrients such as live antibodies and antibacterial properties that protect the baby from infection. Breast milk contains these antibodies.
- Breast feeding is also very expensive, from having to buy the formula milk to buying sterilising machines, teats, bottles and other equipment.
- Cleaning and sterilising bottles can be time consuming and quite a fiddle.
- Preparing a bottle takes time and your baby may be unhappy with this wait if she/he is hungry.



If you do decide to breast feed...

**How to make a formula feed:**

1. Wash hands before starting and ensure all equipment has been washed and sterilised.
2. Boil water for feed and allow it to cool.
3. Pour cooled boiled water into the feeding bottle, up to the appropriate measure level.
4. Using a sterilised knife, level the powder and add the correct number of scoops of formula milk to the bottle.
5. Place the cap tightly on the feeding bottle and shake to dissolve the milk powder.
6. Cool the milk to the correct temperature (approximately 37 degrees).
7. Test the milk on the inside of the wrist just in case.

**Combination feeding**

Some mums decide that it's a good idea to have a combination of the 2 kinds of feeding, so they breast feed but also bottle feed. This is a great idea because it means that other family members can join in with the feeding so they can have some attachment too, but also it means that mum can have a well-earned rest from feeding. This is still quite cheap because not too much formula has to be bought as the mum is still breast feeding. Of course formula milk doesn't have to be bought; the mum might decide to express her milk so the baby is just having breast milk.

**Conclusion**

I have decided that the best option for families would be combination feeding for a few reasons. I feel it is very important for the fathers and other close family members that they have the opportunity to feed the baby and attach with them. Whilst it is really important for the baby to be breast feed for nutritional reasons, a combination would be beneficial as it would give the mum a rest whilst giving other members of the family chance to help out. Breast feeding is certainly cheaper and far less trouble practically so whilst this should be the best option, using the combination method won't cost too much because the baby's diet is constructed using breast and bottle.

Some mothers find it embarrassing to breast feed in public, so the combination method would be perfect because that way they could breast feed in the comfort of their home but bottle feed when out, although this then brings the disadvantage in of hassle, as the bottle has to be made beforehand, warmed up, then washed and sterilised once they get home.

**SAMPLE LEARNER WORK****Evaluation**

I have really enjoyed doing this task and have found it a good way to check my own understanding. I enjoyed finding out about which method really is best for the baby, because I had always thought it could only be one or the other, so this has taught me that combination is a really good idea. I would have liked more time to do this task because we only had a short time. I would have liked to make up a few bottles, but only had chance to make one, although I was also given the opportunity to sterilise the equipment which I found interesting because I didn't realise how careful you have to be not to contaminate anything. I have also learnt about the costs that bottle feeding incurs as there is a lot of equipment to buy and store.

My strengths of this practical experiment was that I was organised in collecting all the necessary items for making up the feed before I started. I also made up a flow chart that I followed when making up the feed. This was good when measuring out and making sure the consistency was correct. I also made sure the bottle and teat was sterilised thoroughly.

My weaknesses were that I could have made less mess when pouring out the water as it spilt over. I also need to speed up a little as I took a long time in making up the feed, I am sure if I was doing it every day I would be much quicker.

If I undertook this task again I would make sure that everything was ready before I started and that I read through my flow chart at least twice. I would also like to make up the sterilising solutions with more care so less room and space was taken up.

**Marking commentary on MB3 sample learner work**

The learner has chosen the task of preparing a bottle feed. A nutritional analysis is provided which outlines the nutrients for both breast and bottle feeds. The chart also states each nutrient and its function in a succinct manner. Factors to consider are included in the evidence surrounding the reasons to breast/bottle feed. Sterilisation aspects for the equipment and personal hygiene are covered. Comparisons are made with the focus mainly on breast or bottle, however, combination is mentioned. An evaluation has been completed where strengths and weaknesses have been addressed and some improvements suggested.

**Why it was awarded MB3 not MB2**

The learner has a very clear understanding of the requirements of LO4. The learner has completed the practical task of making up a bottle feed for a baby 0 to 6 months. There is also relevant supporting evidence as listed in the specification which finishes with an evaluation and conclusion. The learner has completed the task independently and a witness statement supports the mark awarded with clear written justification as to why MB3 has been given. However, the evidence is not presented as a fact sheet and there is limited reference to combination feeding. Lower MB3 is therefore awarded.





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