

Food and Nutrition

Unit 1 Paper 02

SECTION III – MODULE 2

Question 4

4 (a) Explain FIVE guidelines on the frequency of meals and the meal pattern that can assist a young couple with a toddler. **[10 marks]**

(b) Plan a day's menu for the toddler in order to help the mother with meal planning. **[15 marks]**

Total 25 marks

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4(a) Five guidelines on the frequency of meals and the meal pattern that can assist a young couple with a toddler, are

1. Ensure that the child meals are attractive. This can be done by cutting in to different shape and size. The meal pattern, such as breakfast, lunch or dinner are always around the same time. eg If breakfast is serve at 8am, do not serve it at 10am the next day, ensure that it is serve at 8am, (constant time). For a toddler meals should be served in small portions. As too much food could resulting in loss of appetite. However if when the food is serve in these small portion and when finish is more is desired and available; it should be granted. New foods should be introduce to or with old favourite to enhance the nutritional content, and to also avoid monotony, thus add variety to diet also. Ensure that eating time is fun & comfortable. The sitting session for the child should be comfortable and should feel comfortable around table.

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b) Breakfast

- 1/2 Cup orange Juice
- Fried Sausage
- 1 slice toast bread
- butter

A DAY'S MENU

Breakfast

- 1/2 Cup orange Juice
- 1 Cup cereal with unsweetened milk
- Fried Sausage
- 1 slice toast wheat bread
- butter
- 1 cup water (if desired)

NB 3/4
Suitability 3
CITIF 3
meals 3
calcium 1
Iron 1

Snack

- Fruit plate
- 1 cup water

Lunch

- Cheese Sandwich
(with vegetable)
- 1 cup milk

Dinner

- Baked Fish fillet
- Boiled Fish
- Vegetable Salad
- orange Juice

Snack

- yoghurt

- 1 slice plain cake

CAPE Food and Nutrition

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Comments on Responses to Question 4

- (a) This candidate was awarded full marks because the responses given were specific guidelines for the frequency of meals and meal patterns for feeding a toddler. The candidate was also able to provide adequate explanation for the suitability of these guidelines and meal patterns for a toddler.
- (b) The candidate planned a day's menu that was nutritionally balanced. It was suitable for toddlers, had variety in terms of colour, textures and flavours and was inclusive of five meals. Calcium-rich foods and adequate iron-rich foods were included.