

# Children's Health And Safety

## Task 1: Questions and Answers

### INSTRUCTIONS

Please write your answers clearly in the space provided. All questions must be answered, please ask your assessor if you don't understand any of the questions. If you require more space attach a page clearly marked with your name, the name of the unit of competency (which can be obtained from the front of this Assessment booklet and the question you are responding to. Some questions may require you to reference the learning materials provided by Queensford College. Your assessor will ensure that you have been provided with all relevant documentation.

T1,Q1. You are required to demonstrate how to access the following in relevance to ensuring the health and safety of children in the workplace:

- the National Quality Framework
- the National Quality Standards
- the relevant approved learning framework

Guidance: Fill out each section in the table below using relevant information from the National Quality Framework, The National Quality Standards, and the relevant approved learning framework.

a) Under the NQS there are a number of standards that are relevant to the safety of children in an Early Childhood Education and Care service. What are the 3 main Standards that support this?

1. Each child's health is promoted.

---

2. Healthy eating and physical activity are embedded in the program for children.

---

3. Each child is protected.

---

---

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

b) How is the health and safety of children related to the EYLF?

Guidance: Outline which of the five Outcomes addressed in the EYLF most relates to the health and safety of children and explain why.

Healthy and safety related to EYLF/Early Years Learning Framework Outcome 3.2 “Children take

Increasing responsibility for their own health and physical well-being” shows how health and

Safety are connected within the EYLF. This is evident when children are happy, healthy, safe and

Connected to others, show an increasing awareness of healthy lifestyle choices.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

c) What practice does the Guide to the EYLF recommend that educators use to raise and debate issues relating to curriculum quality, equity and children’s wellbeing?

The Early Years Learning Framework promotes children’s learning by drawing upon a repertoire of

Pedagogical practices like skills and knowledge by: Holistic approaches, Responsiveness to all

Children, Learning through play, Intentional Learning, Learning Environment, Cultural Competence

Continuity of learning and Transitions.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

d) Review the practice section outlined in the Framework for School Age Care in Australia (FSAC).

This section outlines that “nutrition and safety” are seen as important for educators to consider in relation to \_\_\_\_\_. (fill in the gap)

Which practice does this fall under?

Cultural identity comes from having access to: Culture – its institutions, land, language,

Knowledge, social resources, economic resources. The Institutions of the Community (lifestyle) -

Its codes for living, nutrition, safety, protection of physical, spiritual, emotional integrity of

Children and families.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

e) In the FSAC, it states that educators can facilitate “Children take increasing responsibility for their own health and physical wellbeing” by engaging children in what activities that relate to safety?

Children take increasing responsibility for their own health and physical wellbeing” by engaging themselves in collaboration with the other children for negotiation of their rights

with respect to the other children, giving them free time and space that will allow them for challenging and practising physical distinguishable skills, and giving them care and respect in all perspectives.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

f) Which two National Regulations does the following statement relate to?

“minimise risks to children, an education and care service or a family day care educator must implement:

- adequate health and hygiene practices
- safe practices for handling, preparing and storing food.”

Guidance: Refer to the National Quality Framework website.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

g) Which National Regulation does the below statement relate to?

“While attending an approved service, children must have access to safe drinking water at all times, and have food and drinks available throughout the day”

Guidance: Refer to the National quality framework website.

The National Regulation with Part 4.2 based on Children’s health and safety under Division 1 that consists of health, safety and well being of children in regulation 78 on food and beverages which states that “while attending an approved service, children must have access to safe drinking water at all times, and have food and drinks available throughout the day” and in case not followed \$2000 would be charged as penalty.

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q2. In your role as an Early Childhood Education and Care worker, you will need to check toys and equipment for potential risk and hazards that may cause harm to children.

- a) Explain in detail the steps involved in conducting a risk analysis on toys and what you would be checking for at each step.
- b) Explain what steps you would take if you identified a toy or piece of equipment that presented a WHS hazard with an extreme risk.
- c) Which policy, procedure would you refer to for advice on WHS issues?

Guidance: Include reporting procedures and the designated person that you would report to according to organisational procedures.

Refer to the Hierarchy of Control.

- a) Steps involved in conducting a risk analysis on toys

- 1) Recognize and list the current potential hazards
- 2) Analysing the risks associated with each of these hazards.
- 3) A chain of written menus handed over to the children would be developed.

---

4) Identification and discussion of common ethical issues.

5) Research would be conducted for acquiring an approved learning model.

6) Documenting these interventions in instructor's pedagogy.

---

7) Making note of conditions around the risks causing harm.

8) Observing and recording data about the children.

9) Creating safety around the play environment for children.

---

10) Narrating experiences for supporting development of child.

11) Providing safe and care-giving environment for babies.

12) Supporting cross-cultural relations and environments.

---

13) Focusing on the diversified culture within a particular service or community.

14) Developing Strategic partnership with aboriginals and torres strait islander people.

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

- b) Steps you would take if you identified a toy or piece of equipment that presented a WHS hazard with an extreme risk

The risk presenting a WHS hazard in a toy or piece of equipment needs to be eliminated by removal of hazard. Even if the risk does not get eliminated it needs to be minimized using one control from the hierarchy of controls. It can be done by substituting the risk with a safer option, or completely isolating it from people, or exercising engineering controls. It can also be controlled by reducing exposure to the hazards through administrative controls by making use of personal protective

equipments.

---

---

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

c) Policies and/or procedures to reference for WHS issues

The policies with reference to WHS issues can be stated as :

- 1) promise to provide people with warm welcome, safe, and healthy work environment with a learning attitude.
  - 2) Continuous improvement in maintaining the health and safe performance, and Management system of WHS for elimination of work-related injuries and illnesses.
  - 3) Support and promote the health and well being of the children.
- 
- 4) Compliance with the health and safe legislations and regulations, national standards and regulations, and other needs.
  - 5) Consult with staff members, contractors, and students regarding the health, safety, and well being issues.
  - 6) Regular reporting and application of learning from workplace events, risks, and miss outs.
  - 7) Ensuring sustainability and time bound return to their work by injured or unhealthy officials.
  - 8) Allocation of right resources such as training and guidelines that ensures that everyone knows the approach to apply safe work systems and the responsibility to maintain the same.
- 
- 

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q3. In your role as an Early Childhood Education and Care worker, you will need to implement effective hygiene and health practices in many aspects of practice.

a) Fill out the table below and explain the importance of maintaining a clean and healthy environment and the risk associated with each of the following areas:

- i. The centre (overall)
- ii. Kitchen
- iii. Outdoor Environment
- iv. Indoor Environment

v. Toilets

Guidance: Make sure you discuss the risks associated with not maintaining these environments and associated risks.

Area	Importance of maintaining a clean and healthy environment	Associated Risk
i. The Centre (overall)	Preventing Infection, prevention of transmitting the infection, and keeping the people in that environment safe. To maintain hand hygiene, covering the nose and mouth while coughing, maintaining personal hygiene, ensuring the personal hygiene, preparing and storage of food, keeping the utensils clean.	The risks associated with it are malnutrition from unhealthy food, medicines for weakening the immune system, urinary catheters, feeding tubes, pressure ulcers, and long-term limited mobility.
ii. Kitchen	Any company involved in the hotel or food business will prefer to keep their kitchen clean in order to maintain their positive reputation, for ensuring health and safety of their customers, using sanitized and clean equipments,	The major risk of working in kitchen is the risk of fire especially in presence of the commodities that can catch fire easily, fear of having contact burns from the equipment which are hot. There is also a risk of burning food, oil, with a risk of again catching fire, spilled over liquids on floor, using an appropriate tool for climbing up the shelf to get something, fear of cluttering the refrigerated space, the location of knives, using hot peppers, danger of pathogens in food.

<p>iii. Outdoor Environment</p>	<p>Children will learn to maintain a healthy and safe environment with a sustainable practice in their daily routine, resources, and communications. This will back up the children’s learning, their security, their involvement, and possess positive experiences, and inherent relationships.</p>	<p>The outdoor environments are prone to accidents, hospitalization, severe injuries or even life risk while playing, crossing the road, walking beach side, or stepping out of the house.</p>
<p>iv. Indoor Environment</p>	<p>The environmental quality of the indoor air seems to effect the conditions of the building adversely or in a positive manner depending on whether the students studying in the building are healthy or suffering from poor health. The air quality is a special concern at the locations where children are present school-wide numerously, and maintaining a clean environment is not that kind of issue which can be fixed.</p>	<p>The indoor air pollutants can have adverse effect on the adults and children present in that environment in terms of breathing problems, exposure to heavy metals such as nickel, chromium, lead dust etc. It is also associated with Endocrine Disrupter compounds that refer to those compounds which are involved in the mimicking of natural hormones that later tend to interfere with the physical growth, fertility, behavioural signs, and metabolism of the children.</p>
<p>v. Toilets</p>	<p>The importance of cleaning the toilet includes the removal of germs and bacteria, people will get satisfied with a safe and healthy environment, no sickness or illness, with no filth there will be no dust, attracting customers, high satisfaction of visitors, and there would be no time waste in talking about a dirty and clean toilet.</p>	<p>Presence of germs and quick spread of the infection is the highest risk prevailing in the environment. The toilet seat in shared toilets consists of organisms that can cause sexually transmitted disease which could be life threatening for people with weak immune system.</p>

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

b) Identify which sections in the following frameworks provide information and/or guidance on WHS and/or hazards and risks.

- i. Education and Care Services National Regulations
- ii. National Quality Standards (NQS)
- iii. Early Years Learning Framework (EYLF)
- iv. Framework for School Aged Care in Australia (FSAC)

Guidance: You need to review these frameworks and identify which section, standard or outcomes, address WHS requirements, policies and procedures

<p>i. Education and Care Services National Regulations</p>	<p>It presents a risk minimization policy regarding the medical conditions of the children framing the guidelines such as assessment of the relevant health conditions of the child in consultation with parents;</p> <p>Following the best practices of safe handling of the food regarding its preparation, serving, and service;</p> <p>Following the best practices of minimization of the risks posed by the allergens present in the environment of the children;</p> <p>Developing and implementing the medical management plan of the children;</p> <p>Ensuring that the child is not being administered with any medication without the consultation of its regular physician;</p> <p>If the child goes for any excursion outside the possible risks to the child need to be identified and assessed for maintaining the health and safety of the child. Under the possible entities for risk assessment are the possible routes to the destination, diseases caused by water or water-based activities, transportation risks, adults accompanying the children on excursion. The proposed duration and items taken along with children.</p>
<p>ii. National Quality Standards (NQS)</p>	<p>These standards ensure that every child's right is protected. It aims to strengthen the security network of the relations in order to synthesize confidence in child such that they would be valued and respected. If the</p>



	<p>children would be promised about their well-being, they will feel confident and will develop an optimistic outlook that would also boost their learning</p> <p>It is a fundamental right of every child to be secured and safe if they are exercising an approved service. The children who are unsafe, can be negatively affected on their physical health and well-being. This can adversely affect their behaviour towards other children and their learning and experience across their entire life.</p> <p>It is also inclusive of effective management plan of the incidents and emergencies with relevant practices and implementation. The efficient hygiene practices must be promoted and applied.</p>
<p>iii. Early Years Learning Framework (EYLF)</p>	<p>The outcomes regarding the Early Years Learning Framework (EYLF) states that children tend to become stronger with respect to its social and emotional well being.</p>
<p>iv. Framework for School Aged Care in Australia (FSAC)</p>	<p>Regarding the Framework for School Aged Care in Australia (FSAC), it can be stated that under thses regulations children develop a strong feel with respect to their identity, social well being, and tend to become confident and engaged learners.</p>

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q4. Complete the table below explaining the cleaning procedures for each, and provide one reason for the importance of the cleaning procedure.

Items	Cleaning Procedure	Reason	Cleaning Product	Storage of Cleaning Product
Toys	1. Toys are soaked in hot water for 10 minutes and administered with disinfectant, after which it is air dried.	It decreases the spreading of diseases. They are dried under sun and should be exercised only on washable toys. The toys need to be washed after they are used by the child. A 'mouth toys' box needs to be maintained separately.	Detergent or disinfectant	Mouth toys box (washable toys) and child's cot (non-washable toys)
Items	Cleaning Procedure	Reason	Cleaning Product	Storage of Cleaning Product
Floors	<ol style="list-style-type: none"> <li>1. Cleaning starts with dust removal, scrub, and strip followed by the application of floor finishes.</li> <li>2. The floor area needs to be cleaned next after removing its blockage.</li> <li>3. After cleaning the floor, the equipment needs to be cleaned thoroughly followed by drying and storage at proper location.</li> </ol>	<p>It is primarily done to avoid any floor slips happening due to contamination. If the cleaning doesn't take place in a systematic way it will result in more contamination that will make the floor more</p>	Cleaning agents specific to the type of floors and surfaces.	It needs to be procured at a separate place or in inventory along with the equipment.

		slippery.		
Items	Cleaning Procedure	Reason	Cleaning Product	Storage of Cleaning Product
Toilets, potties and bathroom area	<p><b>Cleaning Procedure of Toilet</b></p> <ol style="list-style-type: none"> <li>Put on the gloves and press flush to wet the bowl from inside.</li> <li>Then apply the toilet cleaner on the edges of the bowl followed by scrubbing.</li> <li>The cleaning process needs to be different for tough stains. The cleaner needs to be left for few minutes inside the bowl.</li> <li>This process needs to be followed by the disinfectant spray, sponging, swabbing, and lidding. It needs to be wiped with a clean cloth or drying out the disinfectant.</li> <li>One should watch out that the acidic cleaners and bleach based sprays need to be kept separate.</li> </ol> <p><b>Cleaning Procedure of Bathrooms</b></p> <ol style="list-style-type: none"> <li>Scrubbing or mopping the floor by disinfectant.</li> <li>Check out the bathroom cabinet and also the empty containers inside the bathroom.</li> <li>The bin kept inside also must be cleaned up thoroughly with the disinfectant.</li> </ol>	It is important in order to maintain hygiene and safety while using toilet and bathroom. One needs to follow all the best practices in order to maintain the cleanliness.	Toilet cleaner, floor disinfectant	Inside the bathroom cabinet or bin.

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q5. List two (2) personal hygiene policies or procedures that you must follow to limit cross-contamination when preparing food, and explain why they are important in relation to Work Health and Safety.

The two personal hygiene procedures that need to be followed for preventing cross-contamination includes keeping the raw food separately from the cooked and ready-to-eat foods and using separate chopping equipments and boards for different food items or the equipment may be washed thoroughly before using the same for the second meal.

These actions are important in relation to work, health, and safety in order to maintain food hygiene and safety for ensuring a safe consumption especially with respect to children.

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q6. As a child care worker, you will need to help provide suitable rest and sleep environments for children. For each of the following points, describe why these are important and what you would check to ensure the rest environment is set up appropriately:

Ventilation

Lighting

Heating/cooling

Hygiene

Safety

	Importance	Checks that need to be done
i. <b>Ventilatio n</b>	The indoor environment of enclosed rooms become contaminated through floors and curtains, air passed out, and emission of odours which leads to growth of bacteria. Hence in order to control moisture inside the room and avoiding development of allergens, ventilation is extremely important.	The factors that need to be considered for ensuring proper ventilation includes dimensions of the room, the activities involved in children’s play inside the room, and the number of children present in the room.  If the ventilation would be mechanical, then air would get automatically filtered before getting inside the room. The aim of ventilation, however, involves appropriate circulation of air for removal of contaminated air and entry of fresh air. This would make the air free from allergens responsible for causing several diseases in children.

<p><b>ii. Lighting</b></p>	<p>The act of light saturation is believed to disturb the night sleep habits of children according to several studies. It is not that the night lights are bad or artificial lights should not be used but there are some recommendations designed for lighting children’s room at night.</p> <p>Hence right amount of light needs to set for the right amount of sleep. However, it is natural for children to sleep for fluctuating duration according to their own needs.</p>	<p>There are certain safety tips that need to be applied while lighting the night room. This recommends that the light should neither be too bright nor too dim. The production of hormone melatonin is likely to promote wakefulness and just needs few light receptors to be activated. If the light would be brighter, it is going to have a higher effect on the melatonin production. With blue light, the effect is going to get worse. However, it has been researched that the blue light may cause suppression of Melatonin.</p>
<p><b>iii. Heating / cooling</b></p>	<p>It is important to set the optimum temperature while children are sleeping. It is evident that the body temperature gets reduced during the sleep. If the body gets administered to a cooler temperature, it encourages the sleep. Any temperature outside the normal range of temperature stimulates the eye movement in a faster manner. If the sleep phases doesn’t get complete, the cognitive brain might stop functioning that could affect the decision making ability.</p>	<p>While cooling down the temperature of the room, it should be made sure that the oil is not being leaked by the compressors, checking whether the PLC board is in working condition, checking whether the room is getting cooled to the correct temperature, and finally checking the secondary systems.</p>

<p><b>iv. Hygiene</b></p>	<p>Sleep hygiene is of extreme importance for quality sleep time and full day activity. It is important for maintaining physical and mental health along with increasing the productivity and quality of life inclusive of everything.</p>	<p>The factors that can regulate the need for sleep hygiene can be described as limited day time naps with duration of 30 minutes. This short nap time is believed to modulate the mood, activeness, and performance. The dose of caffeine and nicotine are not recommended during bedtime. Exercise forms an important of the curriculum for promoting good quality sleep. The foods rich in fatty acids are believed to encourage indigestion in the body while asleep. Making sure to adequately expose oneself to natural light.</p>
<p><b>v. Safety</b></p>	<p>Deaths during sleep have become quite common these days. Hence, it is important to ensure safety while sleeping.</p>	<p>The facts that are responsible for such accidents include not sleeping on the back, taking nap on a hard surface, not getting proper space for sleep, getting too hot while sleeping, and encountering smoking.</p>

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q7. As an Early Childhood Education and Care worker, you are required to ensure that sleep and rest opportunities are provided for, and that there are appropriate opportunities to meet each child’s need for sleep, rest, and relaxation.

Guidance: Refer to the SIDS and Kids Website.

a) Which standards in the NQS relate to sleep and rest?

The standard under Quality Area 2 named as 2.1.2 states that every child would be provided the comfort and adequate opportunities to each child’s requirement for sleep, rest, and relaxation.

---

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

b) What section of the National Regulation covers sleep and rest?

Under National Regulations, Regs, the 81th standard is in relation with sleep and rest.

It ensures that the child care services are adequately meeting the rest and sleep requirements of the children taken care of.

---

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

c) Outline the Six ways to promote safe sleep for babies and reduce the risk of sudden Death Syndrome (SIDS).

The six ways for promoting safe sleep for babies and reduce the risk of sudden Death Syndrome (SIDS) are :

Keeping the baby on a strong surface such as mattress in a safe crib, bassinet, or play yard; making the baby to sleep on his back; keeping the loose bed and soft toys outside the crib of the baby; ensuring that the baby rests at a cool temperature; not smoking around the baby; and ensuring all required vaccinations for babies.

---

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q8. Describe in your own words the type of information you would share with the children's family about individual children's rest and sleep.

The type of information you would share with the children's family about individual children's rest and sleep are:

The period when the child slept at the child care service such that the families could be made aware about their nap times in order for the family members to plan their bed time accordingly. It is to be made sure that children should not sleep for too long or too short amount of hours.

The family needs to be passed on the information that the average number of hours that children

should sleep approximately equals 10-12 hours a day. Even if the child slept well at night, they need to take a nap in morning or afternoon till the age of 3 years. Families need to get aware of the good sleep hygiene practices such as setting up of good bed time and planned wake time, keeping the room of the child media free, avoidance of caffeinated drinks for children.

The families also need to be informed about the regular vaccinations that the child need to be administered till the stage of infancy.

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q9. It is a requirement that centres must provide appropriate quiet play activities for children who do not want to sleep or rest. Describe five (5) alternative activities.

The five alternate activities can be described as teddy bears picnic with toy tea set, threading the pipe cleaners and large holes for 2+ years, and thin wire tightening for 3+ years, puzzles to be solved by any age group, sticker books, collage making with backed or sticky paper, play dough activities for making child's favourite figures, felt or flannel board stories, and listening to audio stories.

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q10. In an Early Childhood Education and Care setting, you must respect children's needs for privacy during any toileting and dressing and undressing times. Describe three (3) ways in which you would maintain this.

For maintaining children's privacy there must be a two-way communication between service and family about children's memorable experience at service but keeping out the matter of privacy. While making

conversation about children the educators must remember the presence or absence of the child. Talking about the children in their absence becomes disrespectful at times. Families should be given private space for discussing issues about their children. Only essential information should be discussed in detail about the child. Pressurizing families for changing the home environment might go against the child and affect his behaviour negatively.

It is also important to share child's joyful and funny moments but at the same time not to share



embarrassing moments of the child that may cause them to feel uncomfortable and disrespectful.

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q11. You are required to ensure children's and families' individual clothing needs and preferences are met, to promote children's comfort, safety and protection within the scope of the service requirements for children's health and safety.

a) List three (3) examples of instances where you would inform parents of clothing that the centre considers to be inappropriate or unsuitable for children to wear while attending the centre?

The three instances where the parents need to be informed about the child's inappropriate clothing are while going on to excursion to wear sun safe clothing and hats. While discussing what to wear with children, the parents need not tell them about their judgement, adequate dress-ups need to be carried by children while being at the child care service such as hats, scarves, and jewellery.

---

Children above three years must be dressed up for role plays such as becoming astronauts, doctors, mum/dad, chef, and fire fighter. The clothing should be ideal for supporting the development of self help skills and considering health and safety issues.

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

b) List two (2) examples of ways in which staff can ensure that children are dressed appropriately for Indoor/Outdoor Environmental conditions and temperatures.

There are different ways by which the staff can ensure the appropriate dressing of the children. Two of them are:

---

1) Lending support to the child with independent dressing

---

2) Actively implementing the strategies furnished by the family members of the children

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q12. You are required to ensure children's and families' individual clothing needs and preferences are met, to promote children's comfort, safety and protection within the scope of the service requirements for children's health and safety.

When children are playing or travelling outdoors you must ensure they are safe at all times.

a) Describe the sun protection/safety procedures that are in place at your centre and explain what makes it sun safe for children.

*Guidance: If you have not been to a child care centre yet, examine the sun protection policy on the Sparkling Stars Childcare Centre intranet.*

Sparkling Stars Childcare Centre Sun Care Policy

(Username: newusername Password: newpassword)

- 1) Children had to wear a sun hat for achieving sun protection.
- 2) Children should wear sun protective clothing.
- 3) The outdoor activities should be minimized between 11 am and 3 pm taking care of all sun protection practices.

---

- 4) The play areas should be covered with shade. They should be regularly monitored for the wellness of its structure.
- 5) Sun-safe hats need to protect the face, neck, and ears.
- 6) Sun-safe clothing need to protect that must cover as much of the skin as possible. The children should wear loose fitted shirts, dresses with sleeves and collars, and long style skirts with shorts and trousers.
- 7) The educators must also apply sunscreen with SPF30+ having water resistance and must reapply after every 2 hours. However, its expiry date should be monitored.

---

- 8) Babies should remain in full shade.
- 9) The educators must enact as role models for the children to teach them the sun-safe practices such as using sun-safe hats, sunglasses, and applying sunscreen. They must also encourage families to become role model for positive sun-safe behaviour.
- 10) The learning programs at the child care must incorporate the sun protection information and pass on the same to staff members, educators, families, and visitors.
- 11) The policies, updates, and essentials of sun safe practices must be conveyed to the staff members.
- 12) The Management and staff members must review the efficiency of the Sun Protection Policy the report for which must be submitted to NSW every two years.

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

b) How would you explain sun safety to children using the most recent sun safe promotional campaign resources?

Guidance: Refer to the Cancer Council Website.

The recent Sunsmart programs launched to teach children about sun safety programs aim to minimize the extra exposure of students and educators. This will also decrease the risk of skin cancer in children.

These promotional campaigns are dedicated to the sun protection programs launched by NSW.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q13. As a child care worker, you will be required to set up a variety of play environments for children.

a) List five (5) checks you should perform when setting up a play environment.

The indoor and outdoor play environment should provide the children a sense of belonging, assured feeling of emotional security, maintaining safety and encouragement for risk taking opportunities, the play environment must be based on the capabilities and interest areas of the child, and present all the resources and activities as per their interests and needs.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

b) Describe the considerations when choosing equipment that is suitable for the age group of children you're working with.

The considerations while selecting the equipment for the children is the assistance of the equipment for physical development such as fine and gross motor skills; intellectual development such as logic, symbolic, problem solving, and focusing abilities; social-emotional development catering to cooperation, empathy, impulsiveness, controllability, and trustworthiness. It also contributes to

creativity that includes problem solving, and new replies. It also considers the skill of self-controllability, competence, autonomy, and self-respect. The child-care environment becomes highly qualitative with child-centric curriculum according to the child's age. There needs to be right equipments and playing units that needs to be accessed by children. There also needs to be enough and free space for playing

actively with an extra comfortable space required for children and quiet play. For displaying children's art work there need to be many coloured photos and pictures to be displayed at the level of their eye.

The environment should also be equipped with windows that will pass natural light.

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q14. Children must be supervised by ensuring that they are in sight or hearing distance at all times.

a) What are the ratios for supervising children in an Early Education and Care setting across all age groups?

The ratios for supervising children in an Early Education and Care setting across all age groups are 1:7 educator to child ratio. There needs to be at maximum four preschoolers or below. The educators in the ratio must have their own children under the age of 13 years in the case of absence of an adult.

---

---

---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

b) What process would you follow if you found that you have children with additional needs in your care i.e. skills, age mix, dynamics and size of the group of children, and as a result, the level of risk involved in activities was high?

If there would be children in the child care service with additional needs, there should be dedication and inherent capability to support such children in the educator and associated services. Before starting the work, the educator needs to hold a meeting with family, other service professionals, and staff members regarding the special needs of the child. His daily routine and the handling strategies at home would be beneficial for the caregiver. The strengths, interests, experiences, and any alterations required in the physical environment should also be discussed.

This way the educator would be able to design new strategies that would give a feel home strategy to the child. This may involve using pictures, signages, visual signals, provision of quiet space, and placement of activities on easily accessible shelves.

---

---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

c) List four (4) ways that you can ensure there is adequate supervision at all times?

Guidance: Describe how you would liaise with colleagues to ensure there was adequate supervision at all times.

The four ways to ensure that the children are under supervision at all times include training the staff on best practices on child supervision, analysing videos and educator's schedule for appropriate supervision, monitoring the supervision techniques by regularly programming the walk-throughs and adjusting according to the needs of the child, and communicating the after effects of the non-compliance to safety measures and its follow through.

---

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q15. Describe how you can explain hazards in the environment to children.

Guidance: Include in your answer how awareness of these hazards is very important in relation to a child's health and safety, hygiene and general well-being.

The adequate supervision and its necessary precaution are mandatory for protecting the child from any type of harm and hazards for ensuring child's health and safety, hygiene and general well-being. This is inclusive of the right to quality education of the children as well as access to caring environment for promotion of their health and safety, hygiene and general well-being.

---

To achieve this, the countries need to undertake the obligations of United Nations Convention on the Child's rights. This would be according to the Article 19, every children has a right of protection against the physical and mental mistreatment.

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q16. As a childcare worker, it is important to ensure that play environments are clean and safe for children.

a) Briefly explain two strategies you can use to communicate the rules for safe play to the children in the group.

For safe play, the children need to be taught the safe play tips they can follow while playing and choosing right game for the right place such as rough games for the outdoors and quiet games for indoors.

---

---

---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

b) Give an example of how you implement the rules for safe play.

Guidance: Include how you discuss health and hygiene issues in relation to safe play

The rules of safe play can be implemented by washing hands after playing, wearing sun safe hats while outside, and using sunscreen.

---

---

---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q17. As a child care worker, you will sometimes have to deal with children who are unwell.

a) Who is the first person you should inform if you suspect a child is sick?

Teacher would be the first person to be informed in case the child feels sick.

---

---

---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

b) Identify the documentation that needs to be completed when a child in your care has been unwell.

The documentation to be completed if the child feels sick at the care includes procedure for taking the child in ambulance, filling hospital transfer form, keeping the record of injury, incidents, trauma, and illness, emergency paracetamol education register, and registration of illness.

---

---

---

*Assessor Use Only:*       Correct Written Response       Correct Verbal Response (please provide notes)

c)      What policies/procedures relate to who can see this documentation?

The teacher and other supporting staff need to keep the child's report extremely confidential under Privacy Act 1988, in addition to reserving the family rights for their personal information and other unauthorized admittance.

---

The report should be discussed with the family members for a positive impact on child's health. These records need to be kept at the safe place by the child care supporting staff that is to be enclosed by the supporting staff only to the authorized persons with legal rights.

---

---

*Assessor Use Only:*       Correct Written Response       Correct Verbal Response (please provide notes)

d)      Does the parent need to sign the form?

The parents do need to sign the form that gives proof for their knowing about the child's illness and their consent for the medical treatment to proceed.

---

---

---

*Assessor Use Only:*       Correct Written Response       Correct Verbal Response (please provide notes)

T1,Q18.      You are required to consistently implement the service policies for the exclusion of ill children.

a)      Name five (5) infectious diseases that would cause the centre to exclude an ill child.

The five diseases for exclusion of children by the centre are pertussis (whooping cough), chicken pox, diphtheria, measles, typhoid and paratyphoid.

---

---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

b) List three (3) precautions you should take if you suspect the child is infectious.

1) Good hygienic practices for preventing the spread of diseases.

---

2) Isolating the child from other children and keeping the parents informed about the same.

---

3) Washing the hands of the child before touching anything.

---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q19. As a child care worker, you will often have to deal with children who have allergies/anaphylaxis or asthma.

a) Write a brief description of what anaphylaxis is.

Anaphylaxis is a potentially life endangering disease responsible for quick allergic reactions occurring within a couple of minutes after encountering the allergen.

---

---

---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

b) Write a brief description of what asthma is and describe the associated signs and symptoms.

Asthma is a long-term disease in lungs that ignites and narrows down its gateways. The common signs of Asthma include coughing, wheezing, chest tightening, and breath shortness.

---

---

---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

c) Identify three (3) other common allergens that may affect children in a centre.

---

The three common allergens can be named as food allergens in wheat, soya, and other food additives; plant pollens such as grasses, weeds, air carriers etc, and animal waste such as dust mites, fur, wool etc.



---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

d) Describe what should happen when enrolling a child in a centre, who has anaphylaxis/asthma or other allergies.

While enrolling the Anaphylaxis and Asthmatic child, the parents need to fill an enrolment form and need to mention about the allergies of the child (if any). The triggers for their reaction and possible treatment also need to be mentioned. The kinds of meals they like or should be offered also need to be mentioned.

Other documents which the parents need to furnish while admitting their child are the signed medical management plan by doctor, a care plan followed at home, an emergency action plan, asthma or anaphylaxis medication plan that could be used by the child care centre in case of emergency.

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

e) List five (5) signs and symptoms that indicate a child is having an anaphylactic reaction.

The symptoms for anaphylactic reaction includes development of skin rashes, swelling of lips and throat, breathing trouble or wheezing, dizziness or getting fainted, and diarrhoea.

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

f) Describe how you would use an adrenalin auto injector for anaphylaxis.

The adrenalin auto injector for anaphylaxis need to be injected in the outer mid-thigh after which the ambulance should be called immediately for keeping the patient under observation. A copy of the anaphylaxis auto-injector needs to be kept for general use in the first aid box.

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

g) What are the triggers for asthma? (Provide three (3) below)

---

The triggers for asthma are common allergens such as dust mites, pollens, etc; tobacco smoke polluting the air, and emotional anxiety or stress.

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q20. As a child care worker, you will sometimes be required to assist in administering medication to children.

a) List six (6) things you will need to check before you administer medication to a child.

1) Choose the right medication

2) Check the label of medication

---

3) Checking the expiry date

4) Checking the right dosage

---

5) Double checking of measuring device

6) Choosing the correct time for administering medication

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

b) How is medication stored safely at the centre?

The medicines would be stored out of the reach of children on high shelf or container with child's lock. The medication should not be left with the child, and needs to be collected personally on arrival.

---

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

c) Describe which documentation must be completed when you administer medication.

While administering the medication, medication form and prescription should be checked for the correct medicine for the disease and dosage. There needs to be another staff member to be present as a witness at the time of administration.

Finally, they both need to sign the medication chart.

---



---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q21. Fill out the table below and explain what action you would take to reduce the risk associated with each of the hazards listed in the table below.

Hazard	Action to be taken
A parent has left a bottle of antibiotics on the teacher's desk	Preserving the bottle out of children's reach and reporting the incident to supervisor. The supervisor will check the medication form and keep it at the desired temperature.
The rubbish bin in a room is overflowing	Appropriate ratio in the room need to be confirmed to remove the rubbish and the bin needs to be regularly checked thereafter. The incident should be reported under risk assessments to inform everyone to be cautious about it.

<p>A colleague is serving food to children with bare hands</p>	<p>He/she should be instructed to wash hands or put on gloves or make use of spoon for serving food. This will prevent cross-infection. All staff members need to be educated about food handling.</p>
<p>A child is playing in the midday sun without a hat or sunscreen</p>	<p>The sun protection policy needs to be followed. Sunscreen should be applied over child's body. He should be given a clean hat to wear. The sun safety policy need to be reminded to educators.</p>
<p>You notice during one of the meal times that a child with a nut allergy has been given a muesli bar that may contain nuts.</p>	<p>The meal of the child should be replaced with a safe food item in order to avoid allergic trigger. The cooks should be instructed to follow nut free policy as per the child's need. The supervisor should prepare a list of the possible food that could be given to a child.</p>
<p>You enter a room after lunch and find there is food on the floor</p>	<p>The incident needs to be reported to supervisor and should be immediately cleaned. The floor needs to be mopped and dried.</p>
<p>A cleaning product has been left on the shelf in the classroom</p>	<p>The product needs to be taken to supervisor and should be stored out of the reach of children. The risk assessment form needs to be filled. The laundry people should be cross checked for the same. The storage policy of such products need to be reviewed.</p>

<p>The collage trolley in a room is partially blocking a fire exit</p>	<p>The collage trolley should be moved at safe place and fire exit must be unblocked. The hazard needs to be recorded along with review control measures. The fire exit door needs to be clearly marked for identification of the exit. The fire emergency policy should be instructed to all the staff members.</p>
<p>During lunchtime, you notice that a child with coeliac disease has been given regular bread in their sandwich, instead of gluten free bread.</p>	<p>The incident should be reported to the supervisor who will then question the pantry people whether they have been informed about the special diet required or whether they have participated in the discussion earlier with child’s parents. Appropriate action would be taken for the mistake and a separate menu chart would be handover to the cooks about the child meals.</p>

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q22. The National Quality Standard (NQS) Quality Area 2.3 states that “each child is protected” and Element 2.3.1 states that “Children are adequately supervised at all times”. It is critical that staff ensure that all children are in sight or hearing distance at all times.

Guidance: Refer to the National Quality Standard (National Law and National Regulations)

a) Explain how you would follow service procedures for the safe collection of each child, ensuring they are released to authorised people.

While collecting the child, the authorised people need to sign an attendance sheet besides the name of the child and write down the departure time. Taking all belongings of the child and informing the educator about the departure needs to be informed to the educator by the authorized person.

If any other person would be picking the child then the same should be informed to the child care service in writing through a letter or e-mail. If prior consent is not taken from the educator, the child will not be handed over to the person came to pick up the child.

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

b) What must occur if a child is missing or cannot be accounted for?

If a child is found missing or cannot be located, he can be registered as a missing child, the care service

should immediately send a team to find the child. Even after all the efforts the child is unable to be located then the incident should be reported to the nearby police station. A quick response by the care team is appreciated and the parents must be involved in the activity.

---



---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q23. List three (3) ways in which you can safely manage the use, storage, and labelling of dangerous products.

Guidance: Refer to your Learning Resource

- 1) All dangerous products need to be stored in clearly labelled containers over high selves to keep it out of reach of children.
  - 2) The hazardous products are to be marked with warning signs.
  - 3) The potential threats from dangerous products need to be discussed with children to inform them about the same.
- 
- 

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q24. Understanding your role in fire safety is an important factor in keeping children safe in Early Childhood Education and Care.

Using the table below, explain in your own words the following aspects of basic home fire safety:

<p><b>Fire spread and speed</b></p>	<p>The people should be informed about the possible actions that need to be taken in the form of evacuation program. It has two features – planning and practice.</p>
-------------------------------------	---

<b>Heat transfer</b>	<ol style="list-style-type: none"> <li>1) Appropriate start-up procedures need to be followed.</li> <li>2) Damaged equipment needs to be replaced.</li> <li>3) Carbon Monoxide detectors must be installed.</li> <li>4) The destruction caused by noise must be limited.</li> <li>5) Proper shut down methodologies need to be followed.</li> </ol>
<b>Radiation</b>	<ol style="list-style-type: none"> <li>1) Exposure time to radiation must be reduced.</li> <li>2) Radiation should only be used when ample amount of time has been spent without radiation.</li> <li>3) Radiation is indirectly proportional to distance, hence, an appropriate distance needs to be maintained from the radiation to avoid its harmful effects.</li> <li>4) A barrier or shield must be used in order to protect oneself from the radiation. A one inch thick sheet will block 50% of the radiation.</li> </ol>
<b>Convection</b>	<ol style="list-style-type: none"> <li>1) Adequate precautions must be taken to avoid injury while administering convection.</li> <li>2) The safety precautions such as fire suit and gloves are to be given to all the persons present in the vicinity of convection equipment.</li> </ol>
<b>Conduction</b>	<ol style="list-style-type: none"> <li>1) While undergoing conduction, the material should not come in contact with the skin to avoid heat transfer.</li> <li>2) The material with high thermal conductivity should be used to quickly finish the process in order to avoid burns.</li> </ol>

<p><b>Combustible fuels</b></p>	<p>In order to maintain safety while using combustible fuels:</p> <ol style="list-style-type: none"> <li>1) Use Personal Protective Equipment</li> <li>2) Health toxicity and reactivity of the person using combustible fuels should be checked.</li> <li>3) Risk assessment and selection of suitable PPE must be done under the supervision of safety officer.</li> <li>4) Material Data Safety sheets should be read before proceeding with the work.</li> </ol>
<p><b>Sources of heat</b></p>	<ol style="list-style-type: none"> <li>1) Combustible waste (heat source) must be kept away from exit routes or other sources of heat.</li> <li>2) The heating equipment must be bought after checking it for the automatic cut off after falling.</li> <li>3) Sources of fuel should be kept away from the fireplace.</li> <li>4) The heating equipments must be checked for maintenance once a year.</li> </ol>
<p><b>Open flames/sparks</b></p>	<ol style="list-style-type: none"> <li>1) Combustible liquids must not be used within 50 feet range of open flames or other heat sources.</li> <li>2) The servicing areas or refuelling process of combustion engine must be executed away from the heat source.</li> <li>3) A high rated fire extinguisher must be available within 75 feet range of the fuelling area.</li> <li>4) While performing welding, the compressed gas cylinder must be kept away from any flame or spark.</li> <li>5) New safety devices and industry standards must be practised at the workplace to prevent fire accident.</li> </ol>
<p><b>Electrical equipment</b></p>	<ol style="list-style-type: none"> <li>1) The wiring of electrical equipment must be double insulated to avoid the state of shock.</li> <li>2) Any electrical equipment should not be touched with wet hands.</li> <li>3) There should be limited use of extension cords.</li> <li>4) The multi-plug adapters used should be equipped with the circuit breakers.</li> <li>5) The open conductors should be kept behind a shield.</li> <li>6) If there is any damage caused to the user from the equipment, it should be taken out of service.</li> </ol>



	<p>7) The sensitive or open parts of the equipment must be protected from accidental contact.</p> <p>8) The wires should be grounded properly in order to avoid shock.</p> <p>9) There must be a circuit interrupter used for breaking the circuit in case of shock.</p>
<p><b>Hot surfaces</b></p>	<p>1) The hot surfaces need to have protective insulation to avoid burns.</p> <p>2) The hot surfaces must have thermal insulation coatings.</p> <p>3) The user must also take into account the difference in cost, installation, maintenance, corrosion potential and insulation values.</p>
<p><b>Smoking materials</b></p>	<p>1) The smokers must smoke out of reach of the vicinity of the non-smokers.</p> <p>2) The smoking cigarettes must be washed away and trashed.</p> <p>3) Smoking should be avoided after the medicine has been taken.</p> <p>4) Medical oxygen must be kept away from smoking cigarettes.</p> <p>5) One should not smoke on bed.</p> <p>6) The cigarette should be dumped in ash tray after being used.</p>
<p><b>Role of fire services</b></p>	<p>1) Establishing and maintaining the Disaster Management Capacity and implementing appropriate activities reducing the risk of fire.</p> <p>2) To be well prepared for managing disasters and coordinating recovery.</p> <p>3) Coordinating the potential fire brigade functioning and capacitating municipalities.</p>

<p><b>Identify high-risk groups in basic home for safety</b></p>	<p>The neighbourhoods that recently witnessed fire incidents are the risk prone areas. Also the areas witnessing with large number of people being the smokers.</p>
<p><b>Identify behaviour that may contribute to fire injury and fatalities,</b></p>	<ol style="list-style-type: none"> <li>1) People staying in homes with old electrical systems, without smoke alarms, and having less exposure to fire safety guidances.</li> <li>2) Chain smokers at home leading to home fire deaths.</li> <li>3) Old age people living without any caregiver.</li> <li>4) Lack of central heating system and secondary exits to old age people.</li> </ol>
<p><b>Why smoke alarm is important</b></p>	<ol style="list-style-type: none"> <li>1) It acts as a guard against fire injuries and deaths.</li> <li>2) Best in preventing fire deaths.</li> </ol>
<p><b>Smoke alarm placement</b></p>	<p>Alarms should be placed along the exit routes especially in case of limited visibility conditions. Center of ceiling, outside sleeping location, and bedroom interior are the best places to insall fire alarms.</p>

<b>Installation</b>	<ol style="list-style-type: none"> <li>1) Both ionization and photoelectric type smoke alarms can be used.</li> <li>2) Interconnection between smoke alarms need to be made.</li> <li>3) Areas like bathrooms and kitchen should be avoided.</li> <li>4) Working of the alarms needs to be tested.</li> <li>5) A fire escape plan should be developed and practised.</li> </ol>
<b>Maintenance</b>	<ol style="list-style-type: none"> <li>1) Alarm installed for more than 10 years need to be replaced.</li> <li>2) The installation should be regularly inspected in order to avoid accidents.</li> </ol>

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q25. Research and access the following legislation, in relevance to promoting and providing healthy food and drinks:  
 the National Quality Framework  
 the National Quality Standards  
 the relevant approved learning framework  
 Guidance: Once you have done the appropriate research, fill out the table below in the spaces provided.

a) Under the NQS there are a number of standards that are relevant to promoting and providing healthy food and drinks in an Early Childhood Education and Care service. What are the main Standards and regulations that support this?

The National Quality Standard 2.2.1 support healthy eating and National regulations 168(2) and 170 consider the policies and procedures regarding nutrition, food & beverage, and other foodstuffs.

Regulation 78 under National Regulations ensures the right amount of food and beverage according to the needs of the child.

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

b) Where can you access the “Get up and Grow” resources for promoting and providing healthy food and drinks

The the “Get up and Grow” resources can be found in the directors/coordinators book, staff handbook, family book, cooking for children book and brochures of Department of Health under Australian Government.

---

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

c) Where can you access the “Australian Dietary Guidelines”

The Australian Dietary Guidelines are available online at <https://www.eatforhealth.gov.au/>

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q26. Describe two (2) different activities you can do with children to help them learn about healthy eating.

Children can be taught about healthy eating through colouring activities, curriculum materials, and interactive nutritional games.

---

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q27. Describe how you can ensure children are provided with sufficient healthy food and water in the below situations:

Guidance: In your answers, discuss how you will ensure individual children’s dietary and calorie intake needs are met.

a) Meals are provided for the children by the centre

The care service centre needs to create healthy eating and nutritional policies as well as menu plans

according to the growth stage and age group of the children.

The special dietary needs of some children need to be taken care of. Healthy liquids are to be included in the meal and administered throughout the day.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

b) Families provide food for the children

The family needs to be supported by the centre's healthy eating policies. The food provided should be according to the Australian Government get up and grow policies with dietary intake according to the age and eating habits of the child.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q28. As a childcare worker, it is important to act as a role model in implementing healthy eating and nutrition practices during meal times.

a) Explain why it is important to interact with children during mealtimes.

While interactions during meal times, the adults can portray as a role model to children with their food choices, good protection to children can be given from choking and cross-contamination, and creating positivity in children.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

b) Describe four (4) ways you can ensure that furniture and utensils are suitable to encourage children to be positively involved in, and enjoy mealtimes.

1) Tables and chairs are to be selected according to the needs of the children and should be joined as per their suitability.

---

2) Use of plastic plates can be encouraged.

---

3) Plastic knives and forks should be used.

---

4) Plastic cups should be used for drinking purposes.

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q29. List three (3) strategies you could use to help educate families about healthy eating.

Guidance: Provide an example of one of the strategies you suggested

1) Families should be made aware of the discretionary choices made by the children such as commercial burgers, ice-creams etc that should be administered in small amounts.

---

2) Healthy eating habits should be encouraged such as reducing fat consumption, eating wholegrain diet, drinking plenty of water etc.

---

3) The serve size for each meal should be decided according to the gender and age group of the child. Extra serves or discretionary choices may be allowed for the children who are not overweight.

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q30. In a child care service, you will need to cater for children's individual dietary needs.

a) Explain how the centre obtains information regarding children's specific dietary needs, food allergies or intolerances and who the information comes from.

The centre can obtain information about the special dietary needs of the child from its parents and carer at home. They can also consult a registered dietician or doctor for the same.

---

The special needs must be included in meals as well as snack times. Medical diets should be decided in consultation with parents and health professionals.

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

b) Once this information has been obtained, describe the process for identifying children who have specific dietary needs, food allergies or intolerances.

---

The carers need to understand the food allergies, intolerances and special dietary needs of the child. The child can be identified through the allergic triggers, and response to the first aid given to the child with medication.

---

---

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

c) Explain why it is important that these children be identified.

---

It is important to identify these children with special dietary needs in order to improve the caring procedures given to them. Their food containers, utensils, bottles everything should be checked for allergens.

---

The cook and the caregiver need to be alert while preparing food for these children. In case of emergency, the parents need to inform the medical history of the child.

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

d) Explain what you would do if there was no policy to identify, manage and monitor children who have special dietary needs.

---

If there is no policy to identify, manage and monitor children who have special dietary needs, the

carer should inform the concern to the supervisor or medical personnel and efforts should be made to set the guidelines for catering special dietary needs of the children.

Also, no child with special dietary needs should be accepted at the care service till the guidelines get approved by the management.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q31. Describe how children's oral health, including signs of tooth decay impacts on their general health and well-being.

It has been noticed that children with oral health problems including signs of tooth decay have less fluoride in their food content. Hence they need to be administered with fluoride supplements.

Failure to do that will lead to weaker teeth as well as bones for which fluoride component are essential.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q32. In a child care service, you will need to cater for infants and their fluid needs.

a) Describe the recommended steps in preparing formula.

The bottle needs to be sterilized before use and thoroughly rinsed with soapy water. The water then needs to be boiled and cooled down for 30 minutes. Instructions need to be checked for the amount of water and scoops that need to be taken.

Then powder should be added to the water. The bottle should be lid and tapped gently for mixing powder and water. A drop of milk can be squeezed on the hand for testing its temperature and flow from teat. The bottle should be carried in an insulated bag while going out.

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)



b) What are the 'Standards of Infant formula' in Australia?

---

Australia has the NQS 2.9.1 on Infant formula products. This standard provides information about the composition, and labelling needs for infant food to be substituted for breast milk.

---

It also provides information about the infant foods fulfilling the special nutritional requirements of the children.

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

c) What is the WHO code and how does it affect staff in an Early Childhood Education and Care service?

The WHO code is the abbreviated form of 'International Code of Marketing Breastmilk substitutes formed in 1981. It has been designed with an objective of providing safe and appropriate nutrition to infants by promoting breast feeding habits and properly using the breast milk substitutes.

The staff in an Early Childhood Education and Care service need to make sure that the mothers should be given freedom to feed their child as the way they want, that is, breast feed or bottle feed. There would be a privart room designed at the centre for this purpose with all necessary requirements.

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

d) What are the recommended sterilisation methods for preparing infant feeding equipment?

---

The most commonly used sterilization methods are electric steaming and microwave sterilization. The equipment can also be boiled for 10 minutes with all its parts.

---

Cold water sterilization is also becoming popular that makes use of the sterilizing solution in which the bottle needs to be submerged for at least 30 minutes.

---

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

e) What are the recommended formula requirements for feeding infants?

During the first month the baby should be fed with the formula for every two hours and should not be allowed to sleep longer.

---

At the end of first month, the feeds can be scheduled and predicted for the baby after every four hours.

---

After six months, the baby's consumption would increase by 6 to 8 ounces and can be settled for 4-5 feedings in the entire 24 hours.

---

---

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

f) Allergies and food reactions in infants and children are common and may be associated with a variety of foods including adapted cow's milk formula. Parents often consider using special infant formulas for preventing or treating allergic disorders. What types of formula are available in these circumstances and are they effective in reducing allergic reactions?

---

In the initial months, the children can be given soy-based formulas, hypoallergenic formulas, lactose-free formulas, special formulas such as reflux formulas on doctor's recommendation.

---

---

---

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

g) What are the recommendations for minimising the risk of allergy in infants with a family history of allergies?

---

Till first year all infants should be given foods inclusive of peanut butter, boiled egg, dairy and wheat products. However, hydrolysed infant formulas are not recommended for reducing the risk of allergies.

---

Cow's milk can be given after four months as there is no evidence of preventing allergies with soya or goat milk.

---

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q33. Consider a mother who wants to continue breastfeeding her baby whilst attending your child care service.

a) Suggest 3 ways you can support the mother breastfeeding her baby at your child care service.

1) A special and private room should be provided to the mother for feeding baby or expressing her milk.

---

2) The family must be aware about the support assisted by the centre for breastfeeding.

---

3) The centre must have proper procedures for storage and handling of breast milk to be fed to the infants.

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

b) Explain the benefits of breastfeeding.

Breastmilk consists of antibodies that help fight the babies against viruses and bacteria. This way the

---

---

babies' risk to asthma and other allergies can be lowered down. If the babies are breastfed for at least six months without the formula, they will not develop any ear infection, respiratory diseases, and symptoms of diarrhoea.

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

c) What are the recommended steps for storing breast milk under the Infant Feeding Guidelines?

The recommended steps for storing breast milk under the Infant Feeding Guidelines are cleaning the hands and wiping them thoroughly before expressing. Freeze or refrigerate the milk after expressing it. Fresh milk should be used as long as possible.

The oldest collected milk should be used and stored in plastic or glass containers.

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

d) Complete the table below:

Breast milk status	Storage at room temperature (26°C or lower)	Storage in refrigerator (5°C or lower)	Storage in freezer
Freshly expressed into sterile container	Remains in good condition for 6 – 8 hours	Remains in good condition for 3 days or less...	Stays good for two weeks at -15°C, 3 months at -18°C, and 6 – 12 months at -20°C
Previously frozen (thawed)	4 hours or less	24 hours	Not to be refreeze once used
Thawed outside refrigerator in warm water	Only for feeding completion, need to be thrown away after being used.	4 hours or less	Not to be refreeze once used

Infant has begun feeding	Only for feeding completion, need to be thrown away after being used.	Leftover need to be thrown after feeding	Not to be refreeze once used
--------------------------	---	--	------------------------------

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q34. List the three (3) key points to consider when introducing solid foods to infants.

1) Whether the baby is hungry after having milk either breast milk or infant formula.

---

2) If the baby wakes up early in night even after sleeping well enough before.

---

3) The baby seems restless or hoary even after being fed.

---



---



---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q35. Describe two (2) ways you, as an assistant educator, can contribute to the healthy eating/nutrition policies and procedures at your child care service.

1) The Assistant educator can prepare weekly menu for the service that needs to be displayed on the board and provided to the families as well at the end of previous week.

---

2) It must be ensured that food at the service is nutritious, adequate, and as per the growth needs of the child.

---



---



---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q36. Safe food handling is paramount in Early Childhood education and care services..

a) Describe the clothing/PPE that must be worn when preparing food.

Guidance: At least two must be provided.

The clothing or PPE to be worn while food preparation includes hairnets, aprons, and gloves.

---

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

b) List three (3) personal health symptoms that would prevent you from preparing food at a centre.

1) The food handler is suffering with food borne illness.

2) The food handler has skin injuries or sores on the body.

3) If it is suspected whether he or she has contaminated the food.

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

c) Provide a list of eight (8) procedures you need to follow to ensure you prepare food safely.

1) The food maker must wear protective clothing that should be changed regularly.

2) Fingernails must be clean and trimmed.

3) Hair should be tied and covered.

4) Hands should be washed according to the hand washing policies and methods.

---

---

5) Disposable tissues must be used.

6) Cuts, scratches, and wounds must be covered with waterproof bandages.

7) Hand gloves must be worn before food handling.

8) Hands should be wiped with a clean cloth after washing.

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

d) Explain how you would respond if you saw a colleague not following safe food handling practices.

If any colleague is not following the safe food handling practices, I will talk to him or her, and let him know the experiences of other people caught red handed doing the same act. Two to three warnings should be given to him.

After that the supervisor or safety manager should be reported about the incident.

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q37. Below are dietary guides of two foods.

Write a paragraph to explain which food is the healthier choice.

Guidance: From the two options, pick the healthier choice in respect to:

Saturated Fat Content

Salt Content

Sugar Content

Fibre Content

NUTRITIONAL INFORMATION
KELLOGG'S NUTRI-GRAIN AVERAGE SERVINGS SIZE = 30g

NUTRITIONAL INFORMATION
RICE Cakes 150g AVERAGE SERVINGS PER PACKAGE = 12.5 SERVING SIZE (3 cakes) = 27g

	Average Quantity per Serving
ENERGY	480kJ
PROTEIN	6.6g
CARBOHYDRATE	20.8g
SUGARS	9.6g
FAT	0.2g
SATURATED	<0.1g
DIETARY FIBRE	0.8g
SODIUM	180mg
POTASSIUM	44mg

	Average Quantity per Serving
ENERGY	578kJ
PROTEIN	1.2g
GLUTEN	NIL
CARBOHYDRATE	26.5g
SUGARS	0.1g
FAT	0.4g
SATURATED	0.1g
TRANSFATS	NIL
DIETARY FIBRE	3.6g
SODIUM	27mg
POTASSIUM	40mg

Rice cakes 150 grams are a healthier choice. However, there is not much difference in the saturated and fat content of both the products, the saturated fat is not considered good for the body and is higher in rice cakes.

But considering the sugar content, it is way higher in Kellogg’s nutri-grain whereas the rice cakes have a high amount of dietary fibre content that is considered healthy and ideal for digestion. Hence, rice cake is a healthier choice.

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q38. List four (4) procedures that should be in place to protect children from exposure to food allergens.

- 1) Children should be taught about not eating other’s food by educators.
- 2) It must be ensured that both adults and children must wash their hands before and after eating food.
- 3) Children and educators should be trained regarding management of food allergies.
- 4) Giving support to the child for eating only the food prepared by his parents.



Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q39. What are the 'Five Guidelines' from the Australian Dietary Guidelines?

1) To achieve and maintain a healthy weight, become physically active, and choose healthy food and drinks according to the energy needs.

---

2) Wide variety of nutritious foods should be enjoyed from vegetables, fruits, whole grains or high cereal fibres, lean meats as well as milk and milk products.

---

3) The foods containing saturated fat, added salts and sugars must be limited in the diet.

---

4) Encouraging, supporting and promoting breastfeed.

---

5) Care should be taken of the food for preparing and storing it safely.

---

Assessor Use Only:

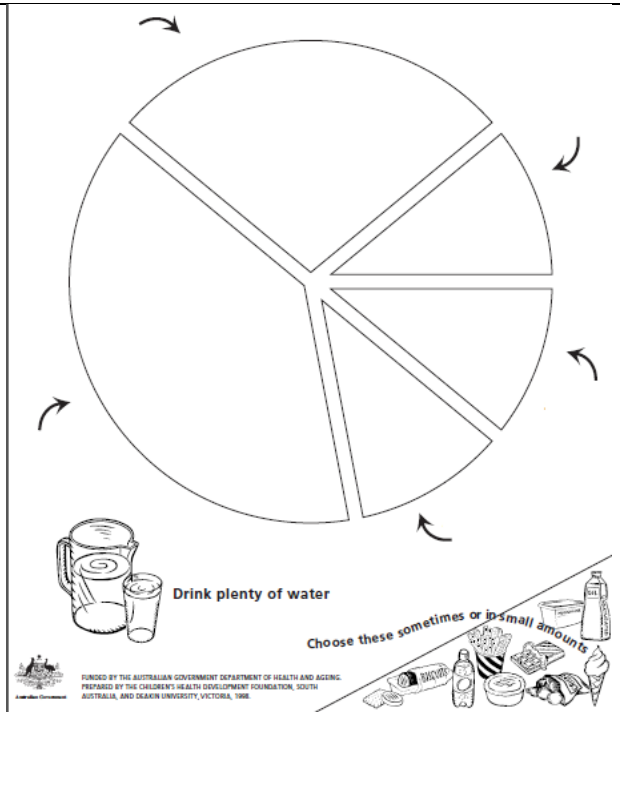
Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q40. Label the different sections of the graph below indicating the recommended portions of food groups we should eat each day.

Guidance: This graph was sourced from "The Australian Guide to Healthy Eating"

<b>1</b>	Grain foods, mostly whole cereals and fibre varieties.
<b>2</b>	Vegetables, legumes, and beans
<b>3</b>	Fruit
<b>4</b>	Milk, yoghurt, cheese, and other low fat substitutes
<b>5</b>	Lean meats, poultry, fish, eggs, tofu, nuts, seeds, legumes, and beans



Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q41. From the table below determine the minimum number of daily serves for each of the selected children.

**Table 8: Minimum number of daily sample serves needed to achieve at least 70% of the requirements for protein, vitamins and minerals, for children, adults and pregnant and breastfeeding women (5).**

AGE GROUP (KJ PROVIDED BY FOODS SHOWN)	BREAD, CEREALS, RICE, PASTA, NOODLES	VEGETABLES, LEGUMES	FRUIT	MILK, YOGHURT, CHEESE	MEAT, FISH, POULTRY, EGGS, NUTS, LEGUMES	EXTRA FOODS
Children 4-7 years (3000kJ)	2	2	1	2	0.5	0
Children 8-11 years (4000kJ)	3	3	1	2	1	0
Adolescents 12-18 years (5000kJ)	3 <sup>a</sup> -4 <sup>b</sup>	4	2 <sup>a</sup> -3 <sup>b</sup>	2 <sup>c</sup> -2.5 <sup>d</sup>	1	0
Adults 19+ years (5000kJ)	4	5	2	2	1	0
Pregnant women (6000kJ)	4	5	4	2	1.5	0
Breastfeeding women (8000kJ)	6	7 <sup>a</sup> -8 <sup>b</sup>	5	2 <sup>a</sup> -3 <sup>b</sup>	2	0

<sup>a</sup> lower end of range supplies adequate quantities of most nutrients

<sup>b</sup> higher end of range is included to bring zinc (and magnesium and vitamin A for the 12-18 year age group only) requirements above the 70% RDI level

<sup>c</sup> lower end of range applies to all girls in this age group, and boys aged 16-18 years

<sup>d</sup> higher end of range applies only to boys aged 12-15 years, due to their higher calcium requirement.

a) How many daily sample serves of Meat, Fish, and Poultry should be provided to a five year old child?

The daily sample serves of Meat, Fish, and Poultry should be provided to a five year old child are 0.5

---



---



---

Assessor Use Only:  Correct Written Response  Correct Verbal Response (please provide notes)

b) List How many daily sample serves of Bread should be provided to a ten year old child?

Three daily sample serves of Bread should be provided to a ten year old child.

---

---

*Assessor Use Only:*       Correct Written Response       Correct Verbal Response (please provide notes)

c)      How many daily sample serves of Fruit should a Breastfeeding Women have?

A breastfeeding women should have five daily sample serves of Fruit.

---

---

---

---

*Assessor Use Only:*       Correct Written Response       Correct Verbal Response (please provide notes)

T1,Q42.      The United Nations Convention on the Rights of the Child and the ECA Code of Ethics relate to codes of practice that should be followed when working with children.

a)      Outline the section in the United Nations Convention on the Rights of the Child that refers to ensuring children’s health and safety, in relation to food and water.

It is written under section (c) of article 24 that sufficient nutritious foods, clean drinking water, and threats from environment pollution must be considered for combating disease and malnutrition, under The United Nations Convention on the Rights of the Child.

---

---

---

---

*Assessor Use Only:*       Correct Written Response       Correct Verbal Response (please provide notes)

b)      Outline the section in the ECA Code of Ethics that relates to creating safe and healthy environments for children.

The second point for Children consists of creating safe, healthy, and inclusive environment to support Children's agency and enhance their learning.

---

---

---

*Assessor Use Only:*  Correct Written Response  Correct Verbal Response (please provide notes)

T1,Q43. Give an example of each of the points below and describe in your own words why it is important to address the individual dietary needs and preferences of children in respect to:

a) specific cultural requirements

It is essential for showing acceptance and encouragement of the cultural identities to provide them a sense of belonging. It also shows respect to the parental requests.

---

---

---

*Assessor Use Only:*  Correct Written Response  Correct Verbal Response (please provide notes)

b) religious requirements

This is important for again showing the acceptance and encouragement of religious beliefs to provide them a sense of belonging. It also shows respect to the parental religious beliefs.

---

---

---

*Assessor Use Only:*  Correct Written Response  Correct Verbal Response (please provide notes)

c) health requirements

---

These are important from the perspective of child safety if anything allergic would be given to them it might react with the weather causing slight rashes.

---

If a particular food needs to be stayed out from the child's daily meal requirements, it means that the child is not in the habit of having those meals and may get ill after eating them.

---

Also, there might be certain foods that can make a child hyper or misbehave. Such foods should also be avoided.

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q44. As a child care worker, you will need to participate in regular emergency and evacuation drills.

a) List two different types of emergencies that may occur at your centre and describe what would need to occur to keep the children safe and secure. *Guidance: If you are not currently working at a child care service, refer to the Emergency Management Plan for Sparkling Stars Childcare Centre.*

[Sparkling Stars Childcare Centre Templates](#)

*Download the "Emergency Management Plan (for Early Childhood Centres)"*

*(Username: queensford Password: QueCol@123)*

The two emergencies that may occur at a child care service are fire/smoke/bomb threat emergencies and medical emergencies.

---

The centre needs to have written policies and procedures the copy for which needs to be distributed among all staff members and include this in their orientation programs due to the turnover rate. Children should be secured at protective places and the staff members need to be trained regarding the safety procedures.

---

The evacuation and safety procedures need to be practiced at the centre location for well organized safety procedures and their implementation.

---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

b) Describe an evacuation procedure at the centre.

The evacuation procedures are to be listed under regulation 168. A risk assessment procedure must be conducted for identifying potential emergencies relevant to the care centre.

---

The evacuation procedures need to be rehearsed after every three months by the stakeholders of the care service. This needs to be documented in the register or portal of the care service.

---

The copy of the evacuation floor plan should be displayed by the provider of the care service in the premises at a prominent place.

---

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

c) Provide a brief description of how you could discuss fire evacuations with children.

In case of fire emergency the same will be reported to the children by blowing either air horn or whistle. They should not panic and fire brigade must be called in case of any person missing. The children should proceed to an external evacuation assembly point after collecting all necessary documents and equipments.

---

All rooms need to be checked by the staff members and ensure that the windows and doors are closed. After assembling at the evacuation point the attendance should be marked for each child.

---

The attendance should be reported to the supervisor or director. Any free staff member must assist all others in evacuating the rooms. Fire Brigade must be called by the supervisor. Mobile phone numbers and emergency contacts for all the children must be taken. Parents need to be informed about the emergency and drill evacuation.

---

The children need to be taught appropriate steps regarding what is to be done in case of fire emergency in the kitchen or if the fire alarm rings.

---

---

*Assessor Use Only:*

Correct Written Response

Correct Verbal Response (please provide notes)

T1,Q45. There are a number of Workplace policies and procedures that will relate to WHS. Fill out the table below, identifying the main policy that would be observed in a centre and one (1) practice for each.

Area	Policy	Practice
Child Protection	The educators need to supervise the children actively and identify the related risks to minimize injury.	The policy needs to be practised by approved provider, nominated supervisor, staff members, and educators in order to make sure that any harm to the children should be minimized as much as possible.
Supervision of Children	The policy works for provision of safety and a secured environment for all children at the care service. This would also cover appropriate management and supervision of all the children, enrolled with the care centre, at all times.	<p>To achieve the purpose of this policy there needs to be active supervision for developing positive relationships between care givers, children, and their parents. The staff members need to administer ongoing assessment of the child and plan his future this way.</p> <p>For supervising the children adequately there are two requirements amongst educators – teamwork and effective communication.</p>
Provision of Food	<p>This policy requires to promote healthy lifestyle, healthy nutrition, and good health conditions of the children, their caregivers, and their parents. The special needs of the children such as food allergies, dietary needs, limitations, and religious and cultural practices are also taken care of.</p> <p>The same information would be shared with the respective families for their implementation at home in the form of healthy meals.</p>	This policy would be practised by providing the children of the care centre for developing healthy food habits and high nutrition diet at home along with safe drinking water.
Hygiene and cleanliness	The policy aims to provide hygienic environment by promoting and implementing effective hygienic practices for avoiding cross-infection threats and ensuring a safe environment.	<p>This policy would be implemented by the staff members while following the precautionary measures for avoiding the risk of cross-infection through communicable diseases.</p> <p>The best practices that could be followed are always washing hands, safe food handling, separate preparation areas, and teaching</p>



		children about the importance of health and hygiene.
<b>Children's Medications</b>	<p>This policy has been designed for promoting effective communication between the parents and the care giver of the children as well as the health care provider.</p> <p>This assures maximum safety of the child requiring medication at the time when child is in child care.</p>	<p>This policy would be implemented by giving the first medication to the child at home and weel before the time when the child needs to return to the child care. This will help in assessing the child's reaction to the medication administered.</p> <p>If the child would have communicable disease, the health pfessional want the child to be given the same medication for 24 hours before returning to day care. This is mainly to protect the other children from infection and quck recovery of the child.</p>
<b>Ill Children</b>	The 'children who are ill policy' require the educators and the other care givers to quickly respond to the child's illness and recognize its symptoms, especially for those who give no indication of their ill health.	The practice for the ill health policy includes filling documents for completing procedure for the child requiring ambulance., filling hospital transfer form, maintaining the record for illness, maintaining documentation for dealing with high temperature, paracetamol medication register, and maintaining illness register.
<b>Preventing accidents</b>	The policy associated with preventing accidents aims for reducing the risks caused by the hazards resulting from those accidents. Efforts would be in the direction of lowering the hazards to as low as possible.	This policy can be practised by clearly identifying the roles and related responsibilities for managing the high risks posed during accidents and fulfilling their training needs for this amangement.
<b>Asthma/Anaphalxis</b>	This policy is in accordance with the National Regulations 90, 91, 94, and 136. These are related to the medical condition policy of child and parents. Requirements for authorization of asthma/anaphylaxis treatment and the first aid qualification.	It is practised by obtaining the medical information, educating the educators, applying practical strategies for avoiding exposure to the triggers, and education to the children according to their age and several allergies.

Fire Emergency	The policy is regarding the maintenance of obstruction free exits from the building, documenting of evacuation plan, and guiding people on safe evacuation in the emergency situation.	It can be practised by assigning a separate person for guiding people to the emergency exits and reporting the supervisor about the missing person, if any.
----------------	--	---

Assessor Use Only:

Correct Written Response

Correct Verbal Response (please provide notes)

### Further Comments

**Assessor Declaration:** By signing below, I declare that all of the above activities have been satisfactorily completed and that I have verbally authenticated these if required.

Assessor Name

---

Assessor Signature:

Date

---

## Task 2: Case Studies

### Part A



You have been assigned the task of devising a menu at Sparkling Stars Childcare Centre. You can find out more about Sparkling Stars at their website:

[Sparkling Stars Childcare Centre](#)  
(username: queensford password: QueCol@123)

Sparkling Stars Childcare Centre has a general menu designed for children over the age of five. However it does not take into account younger children. You have been assigned the task of developing a menu suitable for younger children.

Devise a 2 week menu (Monday to Friday), suitable for children aged 3-5 years that caters for morning tea, lunch, afternoon tea, late afternoon snack and drinks. Your menu needs to be suitable for use in a child care setting and include the following:

50-75% of the recommended number of serves for each food group each day

A variety of ingredients and textures

A range of foods from different cultures

One red meat-free day per week

Vegetarian options for each meal period

No repetition of menu items (excluding drinks)

Please view the scenario and required templates here:

[Sparkling Stars Childcare Centre Brief for Two Week Menu](#)

(Username: queensford Password: QueCol@123)

You are required to:

- a) Present your menu in an attractive, easy-to read format and submit it.
- b) Choose an item from your menu that contains an ingredient that may trigger a reaction from a child who has coeliac disease. Submit the recipe for that menu item.
- c) Alter the recipe for the menu item so that it would be suitable for a child with coeliac disease.
- d) Pick one lunch offering and explain how this meets the Australian Dietary Guidelines.

## Part B

### Case Study 1: Sleep and Rest



All children have individual sleep and rest requirements. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

#### **Scenario 1:**

You are working as an early childhood educator in Sparkling Stars Childcare Centre. You are in charge of taking care of the following two children:



#### **Tim:**

Tim is 3 years old. He likes to sleep with his favourite blanket that his mum packs for him when he goes to the centre. His mum has informed you that Tim gets very agitated throughout the day when he does not get his afternoon nap, and prefers that the centre ensures he gets his nap before she picks him up in the afternoon.

Tim does not like to eat vegetables. However, his mum is very particular about his diet:

- A portion of vegetables in every meal (he is not allowed to have desert unless he finishes all his vegetables)
- He can only have desert after lunch provided he finishes all his vegetables.
- He is not allowed to have sweets between 1PM to 2PM and past 5PM
- He is lactose intolerant and very sensitive with other milk-based products

He is a very active and playful kid. He loves playing physical games with other kids such as tag, hide and seek, catch, etc. He gets easily bored with activities like storytelling, craft making and any other activities that do not involve physical play.



**Kevin:**

Kevin is 2 years old and is still used to sleeping in a cot. He just started going to the centre and is still afraid to be left in the centre without his mum. Hearing his mum's voice calms him down and helps him go to sleep. So his mum provided the centre with a recording of herself reading bedtime stories to play for

Kevin when he is having difficulty sleeping.

Aside from him being very shy around other kids and new people, Kevin is very easy to take care of. He follows his diet without any problem and does not require a lot of attention when he is awake. He likes to keep to himself watching educational programs for children while holding his favourite stuffed toy. He is still being potty trained, but he knows how to call an adult he is familiar with when he needs to go to the toilet. When no one familiar is around when he needs to go to the toilet, he soils himself and becomes very embarrassed and wouldn't let anyone but his mum clean him up.

**Your task:** Ensure sleep and rest practices are consistent with approved standards and meet the children's individual needs by creating a checklist that you can use for the children described above. Use the safe sleep and rest time guidelines provided in the link below as your reference:

[Sleep and Rest Time Guidelines](#)

Use the template provided in the link below to create your checklist:

[Sleep and Rest Checklist](#)

**Scenario 2:**

Tim would not go to sleep during nap time one afternoon and kept pestering the other children in the centre to play with him. You explained to Tim not to bother the other children because they are trying to take a nap. After talking to him and explaining how taking a nap would help him feel stronger and better after he wakes up, Tim still insists on not going to bed and playing instead.

**Your task:** Provide three (3) options for appropriate quiet play activities for Tim by creating a plan that outlines the steps you need to take as well as the resources you will require to implement the plan. Fill out the table below to create your plan:

Quiet play activity	Description of the activity	Resources required for the activity
1		
2		
3		

### Case Study 2: Providing Children Supervision

Ensuring the children have adequate supervision at all times is one of your responsibilities as an early childhood educator in the centre.

**The Scenario:**

You have been taking the lead in providing care for Tim and Kevin since they started going to the centre. In two weeks you will be taking a 3-day vacation leave.

**Your task:** You are required to provide detailed instructions to Jenny, the educator who will be taking the lead while you are away, and Michelle, the assistant educator you have been working with.

You have to make sure that your instructions contain all the essential information needed to ensure the children have adequate supervision at all times. Use the templates provided below to document the instructions you provide Jenny and Michelle:

1.1 Your email to Jenny Liberman:

<b>To:</b>	Jenny Liberman
<b>Cc:</b>	Michelle Schiffer
<b>Subject:</b>	Instructions regarding care for Kevin and Tim
<b>Attachments:</b>	
<b>Message:</b>	

1.2 Your email to Michelle Schiffer:

<b>To:</b>	Michelle Schiffer
<b>Cc:</b>	Jenny Liberman
<b>Subject:</b>	Instructions regarding care for Kevin and Tim
<b>Attachments:</b>	
<b>Message:</b>	



### Case Study 3: Awareness of Safety

As an early childhood educator, it is also your responsibility to raise the children's awareness of safety. The centre ensures that there are enough programs and activities that promote safety awareness among the children in the centre.

**Your Task:** Create a poster to help promote safety awareness among the children in the centre. You may choose any topic or theme relevant to child safety or promoting safety awareness among children. Below are some examples of topics or themes you may use for your poster:

- Stranger danger
- Safety in the kitchen
- Safety in the bathroom
- Safety in the park
- Safety in the beach
- Safety in crossing streets
- Handwashing

#### Case Study 4: Ensure the health and safety of children

You are working as an early childhood educator in Sparkling Stars Childcare Centre. You are in charge of taking care of Sophie, a four and a half year old student with severe asthma. She also has severe allergies to dust and pollen which trigger her asthma attacks.

Review Sparkling Star's Allergy and Asthma Awareness Policy, found in the link provided below and use it as your guide as you complete the tasks that follow.

##### Allergy and Asthma Awareness Policy



**Scenario 1:** After an outdoor activity around 8:30 in the morning you noticed that Sophie started sneezing and coughing. You suspect that the dust from running around in the playground may have triggered her allergies. You checked her records to review if she has any prescription medications for this kind of situation. Provided in the link below is Sophie's authorisation to administer medication form:

##### Authorisation to administer medication – Sophie Lancaster

**Your task:** You know that Sophie takes Allegra for acute allergic episodes. However, you also know that she is due for her Advair treatment in the next 30mins. Make a video recording of yourself administering the right medication to Sophie. To ensure your successful completion of this task, please see the guidelines provided below:

- have a volunteer act as Sophie in your video recording
- you must include in your demonstration the following:
  - following the standard protocol for medication administration (*Guidance: a checklist is provided in the Allergy and Asthma Awareness Policy*)
  - administration of the correct medication

*(Guidance: the assessor will know which medication you administered by the administration procedure you will demonstrate in the video)*

- the correct administration procedure
- (Guidance: you must follow the prescribed administration procedure for your chosen medication to administer to Sophie)*

- correct storage of the medication
- (Guidance: your video should also show how you store the medication after administration, including proper labelling of the medication, keeping it in a storage that is inaccessible to children, and other relevant considerations )*

Print the Authorisation to administer medication for Sophie Lancaster, and fill out the relevant section at the end of the form (Child Care Program Record of Medication Administration)

accordingly after your recorded demonstration. You will be required to submit this form after all tasks relevant to the case study have been completed.

**Scenario 2:** An hour later Sophie is still sneezing and coughing uncontrollably. This time she started wheezing and showing signs of difficulty in breathing. You suspect that Sophie is having an asthma attack and decided to quickly review her asthma management plan to respond appropriately. See Sophie's asthma management plan in the link provided below:

[Asthma Management Plan – Sophie Lancaster](#)

**Your task:** Make a video recording of yourself following Sophie's asthma management plan for acute asthma attacks. To ensure successful completion of this assessment task, take note of the guidelines provided below:

Administer Sophie's asthma medication

- Follow proper administration procedure (i.e., check medication name, check medication expiry date, etc. Guidance: complete guidelines provided in the [Allergy and Asthma Awareness Policy](#))
- Follow proper storage procedure
- Fill out relevant fields in the authorisation to administer medication form



**Scenario 3:** Sophie fell asleep soon after her asthma symptoms have calmed down. However, half an hour into her nap, Sophie woke up coughing and wheezing uncontrollably. You rushed to her bedside and knew she required first aid for her severe asthma attack.

After administering asthma first aid to Sophie, her condition still continued to worsen. You decided to call emergency assistance. You then asked the assistant educator on duty to keep an eye on Sophie and keep giving her first aid medication according to the prescribed procedure while you contact the ambulance.

**Your task:** Make a video recording of yourself demonstrating the successful completion of the following tasks:

- 3.1 providing first aid to Sophie as prescribed in her asthma care plan
- 3.2 provide instructions to the assistant educator on how to administer the first aid medication while you contact the ambulance

### Case Study 5: Anaphylaxis

You are working as an early childhood educator for Sparkling Stars Childcare Centre. One of the students under your care is Billy. Billy is a 4 year old boy with severe allergies with nuts and dairy-based foods. Review the anaphylaxis handbook provided in the link below and use it as reference as you complete the tasks that follow:

#### Anaphylaxis Handbook

**Scenario 1:** One afternoon while Billy was playing with the other kids in the playground, you noticed that he started to look pale and started to wheeze as he grasped for air. His face is slightly swollen too. Upon surveying the scenario you noticed that he has chocolate stains in his hands and shirt and appears to have dropped a chocolate bar on the ground. Upon checking the chocolate you found that it contains peanuts.



**Your task:** Make a video recording of yourself responding to Billy's anaphylactic emergency. Follow the prescribed in Billy's action plan for anaphylaxis provided in the link below:

#### Action Plan For Anaphylaxis – Billy Johnson

To ensure successful completion of this task, take note of the following guidelines:

1. Have a volunteer act as Billy in the recording
2. Demonstrate how you survey the area and remove the hazard/s immediately
3. Provide first aid intervention for anaphylaxis as prescribed in the anaphylaxis handbook:
  - a. Lay Billy flat. Do not allow him to stand or walk. If breathing is difficult in this position, allow him to sit
  - b. Give EpiPen® (use a makeshift EpiPen®)
  - c. Phone ambulance
  - d. Phone family/emergency contact

**Scenario 2:** Billy's mum arrived immediately and the ambulance soon after. Billy's condition improved after you administered the EpiPen<sup>®</sup>, but to make sure that Billy is out of danger, his mum had the ambulance take Billy to the hospital anyway.

*Mapping: CHCECE002 PC6.2, PE3(p)*

**Your task:** Apply the risk management plan for Billy by completing the checklist provided in the link below. Complete the column “**Detail how this will be implemented and any additional strategies**” by answering according to the organisational risk-management strategies from your relevant work experience in childcare centres/vocational work experience.

Anaphylaxis Risk Management Plan – Billy Johnson

*(Guidance: you may use Allergy and Asthma Awareness Policy as reference)*

**Supplementary Question:**

The physician prescribed 6ml of diphenhydramine every hour for six hours. All required authorisation are complete. The child's parent supplied the medication in its original packaging as well as the measuring cup for the medicine. However the bottle only has 30ml left in it.

Will you have enough medicine to follow the doctor's prescription?

Yes  No

Explain your answer:

**Scenario 3:** You are preparing snacks for Billy. Below are the food labels of the available snacks:

**Snack Option A**

**Kellogg's®  
Pop-Tarts®  
Frosted Wild Berry Bloom**

<b>Nutrition Facts</b>	
Serving Size	1 Pastry (52g)
<b>Amount Per Serving</b>	
<b>Calories 200</b>	Calories from Fat 45
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber less than 1g	<b>3%</b>
Sugars 17g	
<b>Protein</b> 2g	
Vitamin A 10% • Vitamin C 0% • Calcium 0% • Iron 10%	
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B <sub>6</sub> 10%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
<b>INGREDIENTS:</b> ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B <sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B <sub>2</sub> [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CONTAINS TWO PERCENT OR LESS OF CRACKER MEAL, WHEAT STARCH, RICE FLOUR, SALT, DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, GELATIN, SOY LECITHIN, CORNSTARCH, XANTHAN GUM, GUM ARABIC, CELLULOSE GUM, CONFECTIONER'S GLAZE, CARAMEL COLOR, CARRAGEENAN, MODIFIED WHEAT STARCH, VITAMIN A PALMITATE, RED 40, NIACINAMIDE, REDUCED IRON, VITAMIN B <sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), BLUE 2, VITAMIN B <sub>2</sub> (RIBOFLAVIN), VITAMIN B <sub>1</sub> (THIAMIN HYDROCHLORIDE), COLOR ADDED, YELLOW 6, YELLOW 5, BLUE 1.	
<b>CONTAINS WHEAT AND SOY INGREDIENTS.</b>	

**Snack Option B**

**Reduced Sugar (.8 oz)  
Mixed Fruit**

<b>Nutrition Facts</b>	
Serving Size (23g)	Servings Per Container: 1
<b>Amount Per Serving</b>	
<b>Calories 70</b>	Calories from Fat 0
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Sugars 8g	
<b>Protein</b> 1g	
Vitamin A 25% • Vitamin C 100%	
Vitamin E 25%	
Not a significant source of cholesterol, dietary fiber, calcium, and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Juice from concentrates (grape, pear, peach & pineapple) corn syrup, sugar, maltodextrin, modified com starch, gelatin, fruit purees (strawberry, raspberry, orange & grape), citric acid, lactic acid, ascorbic acid (vitamin C), aspartame, natural & artificial flavors, coconut oil, camauba wax, vitamin A palmitate, Alpha tocopherol acetate (vitamin E), red 40, yellow 5, & blue 1.

**Phenylketonurics: contains phenylalanine.**

3.1 Which of the two snack options is most appropriate for Billy?

- a. Snack option A
- b. Snack option B

3.1.1 Explain your answer:

3.2 Supplementary Questions: dietary requirements

3.2.1 Give an example of a common dietary restriction for children with type 1 Diabetes (Juvenile diabetes):

3.2.2 Give an example of a common dietary restriction for Jewish children:

3.2.3 Give an example of a common dietary restriction for Muslim children:

### Case Study 6: Meal Planning

**Scenario:** You are helping create a meal plan for two brothers who will start going to the centre in the next week, Johnny, 5 years old, and Lucas, 11 months old.

Johnny has no special dietary restrictions. While Lucas has just started eating solid foods. Lucas



only drinks breast milk. Their mum, Kelly, expresses her breast milk in the morning and packs it for Lucas to drink in the centre.

1.1 **Your Task:** Create a meal plan for Johnny outlining a cycle of menus, detailing the food that will be provided to him for a week. The meal plan should include breakfast, morning snack, lunch, afternoon snack and dinner for five days.

Use the meal plan template provided in the link below:

[Meal Plan Template](#)

*Guidance: review the [Australian Dietary Guidelines](#) and make sure to follow the recommended serves for Johnny's age for vegetables, fruits, grains, etc. in your plan.*

1.2 **Your Task:** Create a one-page guide for Lucas' mother to assist her with expressing breast milk by hand and it at home to ensure food safety procedures are followed according to the relevant prescribed guidelines.

*Guidance: Review the [Infant Feeding Guidelines](#) provided in the link below and use it as reference as you create your hand-out*

[Infant Feeding Guidelines](#)

### **Further Comments**

**Assessor Declaration:** By signing below, I declare that all the above activities have been satisfactorily completed and that I have verbally authenticated these if required.

Assessor Name

---

Assessor

Date

Signature:

---

**OFFICE USE ONLY**

Date Received:		Received by:		Format Received: (Cross)	Email <input type="checkbox"/> USB <input type="checkbox"/> Hardcopy <input type="checkbox"/>
Date Processed:		Processed by:		Initial:	
Date Assessed:		Assessed by:		Initial:	
Date Approved:		Approved by:		Signature:	
Date Archived:		Archived by:		Initial	





RTONo: 31736 | CRICOS: 03010G

## Assessment Receipt Form

If you (***the Student***) would like an official receipt to retain once this assessment has been submitted, the following form should be completed by you and person accepting the assessment and retained by you.

NB: It is your responsibility to arrange for this to be completed if you would like to retain this official receipt

### Completed by Student

Student Name:

Student Number:

Code and Title:

Assessment Due Date:

Trainers Name:

Assessment Submission Date:

### Completed by Queensford College Staff Member Receiving

Staff Member Name:

Staff Member Signature:

Date Received:

Time Received: