



SS 692:2022 Guidelines for Nutrition and Food Services for Infants and Children Awareness Training

This standard provides comprehensive guidelines and training recommendations for professionals involved in the nutrition and food services sector for infants and children. It plays a crucial role in ensuring the well-being and healthy development of young ones by emphasizing the significance of proper nutrition, safe food handling, and best practices in catering to the unique dietary needs of infants and children.

DURATION

4 Hours

LANGUAGE

English

COURSE CODE

NT-20023

SS 692:2022 Guidelines for Nutrition and Food Services for Infants and Children Awareness Training

Course Content

The syllabus focuses on:

- Food safety, hygiene and quality practices
- Differences between food allergies and food intolerance
- Symptoms of food allergic or intolerance reactions
- Food & ingredients known to cause hypersensitivity according to Singapore Food Agency
- Examples of food & ingredients for 8 common types of food allergens
- Food allergens management programme to minimise risk of cross-contamination
- Nutrition care policy
- Food service practices
- Menu planning
- Food selection, preparation and age-appropriate portioning

Who Should Attend

- Appointed staff who are involved in handling food in care centres
- Key personnel from organisations (infant care, child care, kindergarten, school and student care) that provides food for infants and children
- Parents who are keen to gain knowledge on food safety and food selection for infants and children

Method of Study

- Online Webinar with virtual interactive activities

Assessment

- Online Quiz upon completion of course

Certification

- Certificate of Attendance will be awarded for participants who are with 100% attendance

Learning Outcomes

By the end of this training, learners from SS 692:2022 Guidelines for Nutrition and Food Services for Infants and Children Awareness Training will be able to:

- Implement proper food safety, hygiene and quality practices
- Define food allergies and food intolerances
- Understand the symptoms of food allergies and intolerance
- Identify 8 common types of food allergens from a food product label
- Interpret all common food allergens in a food product by reading different types of food allergens advice in the food label
- Develop food allergens management system to minimise cross-contamination at workplace
- Develop menu for infants and children with appropriate food selection and portion

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