



Supplement to:

Food and nutrition literacy in day-care centres

An analysis of the formal qualification of pedagogical staff

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Topic areas and their content		Childcare assistant apprenticeship						Social assistant					
		BW	BY	NW	SL	ST	TH	BB	BE	HE	HH	MV	NI
1 ^a	Food and nutrition literacy unspecific		x							x		x	
	Food preparation with children	x	x	x	x								
	Pedagogical organisation of meals	x		x		x	x			x			x
	Role and stance of the pedagogical staff			x			x			x			
	Design of pedagogical activities on food and nutrition literacy			x	x					x			
	Menu creation with children			x									
2 ^a	Eating habits		x	x		x	x			x			
	Eating rituals and occasions		x		x	x	x	x	x	x			
	Food on special occasions	x	x		x				x	x			
	Socio-cultural relevance of eating and drinking												
3 ^a	Dietary recommendations for healthy eating in general	x	x	x	x	x	x	x	x	x	x		
	Dietary recommendations for healthy eating for children	x		x	x	x	x			x	x	x	x
	Dietary recommendations for healthy eating for small children				x		x			x			
	Dietary recommendations for healthy eating for infants	x	x	x	x	x	x			x			
	Nutrition-related diseases	x	x	x	x	x	x	x	x			x	
	Eating disorders		x										
	Food/nutrients and their functions	x	x		x	x	x		x	x			
	Alternative eating habits und food trends				x	x	x	x	x	x			
	Nutrition physiology						x						
4 ^a	Menu composition in day-care centres	x	x	x	x		x			x	x	x	
	Creation of menus		x	x		x	x	x	x	x			
	Criteria for practical choice of food		x	x		x	x			x			
	Catering systems				x				x	x			
	Kitchen and working equipment	x			x	x			x				
	Safety and hygiene in the kitchen	x	x	x	x	x		x	x	x			
	Food preparation	x					x	x	x	x		x	x
	Preparation of infant food	x	x	x	x	x							
	Meal preparation and service		x		x		x			x			

Tab. 1: Nutrition-related topic areas and contents of the curricula for the childcare assistant, social assistant, and educator apprenticeship

^a The numbers 1–4 represent the topic area (1 = food and nutrition literacy: aspects of teaching; 2 = eating habits, cultural and social influences; 3 = nutrition and health; 4 = health-promoting nutrition in the day-care centre/catering in the day-care centre).

BB = Brandenburg; BE = Berlin; BW = Baden-Württemberg; BY = Bavaria; HB = Bremen; HE = Hesse; HH = Hamburg; MV = Mecklenburg-Vorpommern; NI = Lower Saxony; NW = North Rhine-Westphalia; RP = Rhineland-Palatinate; SH = Schleswig-Holstein; SL = Saarland; SN = Saxony; ST = Saxony-Anhalt; TH = Thuringia



Topic areas	Content
1. Food and nutrition literacy: aspects of teaching	Food and nutrition literacy unspecific
	Food preparation with children
	Pedagogical organisation of meals
	Role and stance of the pedagogical staff
	Design of pedagogical activities on food and nutrition literacy
	Menu creation with children
2. Eating habits, cultural and social influences	Eating habits
	Eating rituals and occasions
	Food on special occasions
	Socio-cultural relevance of eating and drinking
3. Nutrition and health	Dietary recommendations for healthy eating in general
	Dietary recommendations for healthy eating for children
	Dietary recommendations for healthy eating for small children
	Dietary recommendations for healthy eating for infants
	Nutrition-related diseases
	Eating disorders
	Food/nutrients and their functions
	Alternative eating habits und food trends
	Nutrition physiology
4. Health-promoting nutrition in the day-care centre/catering in the day-care centre	Menu composition in day-care centres
	Creation of menus
	Criteria for practical choice of food
	Catering systems
	Kitchen and working equipment
	Safety and hygiene in the kitchen
	Food preparation
	Preparation of infant food
	Meal preparation and service
Basics of nutritional science (without explanation, specification)	
Nutrition is mentioned, but not specified	

Explicit nutritional reference	Elective: explicit nutritional reference
Examples given nutritional context	Elective: examples given nutritional context

Tab. 2: Nutrition-related topic areas and contents of the 20 examination regulations for the study programs pedagogic in childhood with contents on food and nutrition literacy (see ♦ Figure 2)
The numbers 1–45 represent the analysed examination regulations.
WP = compulsory electives

