



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Nutritious Meal Planning For Toddlers At Home Training

Services / Cleaning, Domestic, Hiring, Property and Rescue Services

Unit Standard 114433 · NQF Level 2 · 2 Credits · 1 Day

COURSE OVERVIEW

This course equips parents and caregivers with the knowledge and skills to plan nutritious, age-appropriate meals for toddlers at home. It focuses on understanding toddler nutritional needs, food safety, and practical meal preparation techniques to support healthy growth and development.

Category	Services
Subfield	Cleaning, Domestic, Hiring, Property and Rescue Services
Unit Standard	114433
Accreditation	SAQA Accredited · NQF Level 2 · 2 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of balanced nutrition to design daily meal plans for toddlers aged 1-3 years.
- Analyze toddler nutritional requirements, including energy, protein, vitamins, and minerals, to ensure adequate intake.
- Evaluate common toddler feeding challenges (e.g., picky eating, food allergies) and implement appropriate strategies.
- Demonstrate safe food handling, storage, and preparation techniques to minimize health risks.
- Implement age-appropriate portion sizes and meal schedules that support healthy eating habits.
- Design a weekly meal plan incorporating variety, texture progression, and cultural food preferences.

WHO SHOULD ATTEND

- Parents, guardians, and caregivers of toddlers aged 1-3 years, as well as early childhood development practitioners seeking to enhance their meal planning skills for home settings.

COURSE OUTLINE

Day 1: Foundations of Toddler Nutrition and Meal Planning

- Nutritional requirements for toddlers: energy, protein, fats, carbohydrates, vitamins, and minerals.
- Key nutrients: iron, calcium, zinc, vitamin D, and omega-3 fatty acids.
- The South African food-based dietary guidelines for young children.
- Building a balanced plate: vegetables, fruits, grains, proteins, and dairy.
- Meal planning strategies: variety, portion sizes, and meal timing.
- Food safety: storage, preparation, and hygiene.
- Common feeding issues: picky eating, allergies, and textures.
- Practical activity: Design a one-day meal plan for a toddler.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **2 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,800.00	R 12,800.00
1	In-House	R 16,600.00	R 16,600.00
1	On-Campus (Pretoria)	R 19,200.00	R 19,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	10 Aug 2026	On-Campus	Pretoria, South Africa
11 Aug 2026	11 Aug 2026	On-Campus	Abu Dhabi, UAE
12 Aug 2026	12 Aug 2026	On-Campus	Durban, South Africa
12 Aug 2026	12 Aug 2026	On-Campus	Mauritius
13 Aug 2026	13 Aug 2026	On-Campus	Cape Town, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Dubai, UAE
17 Aug 2026	17 Aug 2026	On-Campus	Abu Dhabi, UAE
18 Aug 2026	18 Aug 2026	On-Campus	Durban, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 114433) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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