

COURSE OVERVIEW HE1065

The Nutritional Requirements of Babies Food and It's Legislation and Regulations

Course Title

The Nutritional Requirements of Babies Food and It's Legislation and Regulations

Course Date/Venue

November 02-06, 2025/Boardroom 1, Elite Byblos Hotel Al Barsha, Sheikh Zayed Road, Dubai, UAE

Course Reference

HE1065

Course Duration/Credits

Five days/3.0 CEUs/30 PDHs



Course Description



This practical and highly-interactive course includes real-life case studies and exercises where participants will be engaged in a series of interactive small groups and class workshops.



This course will discuss the nutrient needs of babies and toddlers from birth to 24 months. It provides practical assistance in applying the Infant Feeding Guidelines including issues around breastfeeding, preparing infant formula, introducing solid foods and choking precautions. Finally, this section covers planning menus for babies and toddlers providing sample menus for 6 to 12 month olds and 12 to 24 month olds.



This course is designed to provide participants with a detailed and up-to-date overview of the nutritional requirements of babies food and it's legislation and regulations. It covers the role of services in infant and toddler nutrition, including support for breastfeeding; the breastmilk and other food and drinks for infants and toddlers; the safe bottle feeding; the preparation of infant and follow-on formulae; the infant formulae, powder; the follow-on formulae, the feeding environment and safe positioning; giving up the bottle and introducing solid foods.

During this interactive course, participants will learn the food allergies and intolerance; the foods and drinks for infants between 6-12 months and toddlers between 1-2 years old; breastmilk and other drinks; ready-to-eat meal for infants and young children; ready-to-eat cereal-based food for infants and young children; the biscuits, rusks and cookies for children; foods and iron containing foods for infants and toddlers; the other sources of iron; the vegetarian diet on infants and toddlers; the fruit and vegetable juices and nectars specific for infants and young children; the food textures; minimizing the risk of choking on food; service food and menus for infants and toddlers as well as the changing service menus to suit 6 to 24 month olds.

Course Objectives

Upon the successful completion of this course, each participant will be able to:-

- Apply and gain a fundamental knowledge on the nutritional requirements of babies food including it's legislation and regulations
- Discuss the role of services in infant and toddler nutrition including support for breastfeeding
- Recommend breastmilk and identify other food and drinks for infants and toddlers
- Carryout safe bottle feeding as well as prepare infant and follow-on formulae, infant formulae, powder and follow-on formulae
- Describe the feeding environment and safe positioning
- Assess when to give up the bottle, introducing solid foods and identify food allergies and intolerances
- Recognize foods and drinks for infants between 6-12 months and toddlers between 1-2 years old
- Recommend breastmilk and other drinks including ready-to-eat meal, ready-to-eat cereal-based food and processed cereal-based food for infants and young children
- Recommend types of biscuits, rusks and cookies for children, as well as other food for infants and children
- Determine iron-containing foods for infants and toddlers and other sources of iron
- Apply vegetarian diet on infants and toddlers
- Enumerate fruit and vegetable juices and nectars specific for infants and young children
- Describe food textures and minimize the risk of choking on food
- Carryout the service food and menus for infants and toddlers and change service menus to suit 6 to 24-month olds

Exclusive Smart Training Kit - H-STK®



*Participants of this course will receive the exclusive “Haward Smart Training Kit” (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes **electronic version** of the course conveniently saved in a **Tablet PC**.*

Who Should Attend


This course provides an overview of all significant aspects and considerations of the nutritional requirements of babies food including it's legislation and regulations for all early years providers and practitioners providing meals, snacks and drinks to children including children's centres, childminders, private, voluntary and independent nurseries, local authority maintained nurseries, foundation units within primary schools, pre-schools and playgroups.

Course Certificate(s)

Internationally recognized certificates will be issued to all participants of the course who completed a minimum of 80% of the total tuition hours.

Certificate Accreditations


Certificates are accredited by the following international accreditation organizations: -

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The International Accreditors for Continuing Education and Training (IACET - USA)

Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units (CEUs)** in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

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British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

Course Instructor(s)

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



Dr. Hala Hashim, PhD, MSc, BSc, is a **Licensed Medical Doctor** and a **Food Expert** with over **30 years** of extensive experience in **Food Control** and **Public Health**. Her experience covers the **Methods of Food Fraud Detection, Identifying the Ways of Commercial Fraud in Food, Food Safety Foundation, Food Safety & Monitoring, Food Safety & Inspection, The Nutritional Requirements of Babies Food & Its Legislation and Regulations, Infra-red Detection of Fraud, Hazard Analysis of Critical Control Points (HACCP), Industrial Hygiene, Food Safety Management, Food Hygiene, Food Sampling, Food Risk Analysis, Risk Assessment & Management, Public Health and Medical Statistics** as well as Infection Control, Trauma Life Support (ATS), Cardiac Life Support (CLS), Critical Care Support and Communicable Disease Epidemiology. Further, she is also well-versed in the areas of **Feed Products** including the Conditions for the **Handling & Storage of Feed Products** and the Requirements for the **Establishment of Feed Facilities**. She is currently the Department Head and Professor of Public Health & Community Medicine. Further, she is a Certified Trainer & HRD Consultant (IBCT) and Assessor of promotion committee of professors and assistant professors.

As part of Dr. Hala's practical experience, she has played a big role to the community for being the **Food Analyst, Food Risk Assessor, Food Control Manager, Community Demonstrator, General Practitioner, Hospital Officer** and **Professor**.

Dr. Hala has **PhD** and **Bachelor** degrees in **Medicine & Surgery** and a **Master** degree in **Public Health**. Further, he is a **Certified Instructor/Trainer**, a **Certified Internal Verifier/ Assessor/Trainer** by the **Institute of Leadership and Management (ILM)**, and a respected member of various Professional Bodies such as the "Medical Education and Development Center (MEDC)", "Association of Community Medicine", "Association of Occupational Medicine" and "Egyptian Doctor Union". Her passion for development and acquiring new skills and knowledge has taken her to share her expertise in **numerous publications** worldwide.

Course Fee

US\$ 5,500 per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.

Training Methodology

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

- 30% Lectures
- 20% Practical Workshops & Work Presentations
- 30% Hands-on Practical Exercises & Case Studies
- 20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

Course Program

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

Day 1: Sunday, 02nd of November 2025

0730 – 0800	Registration & Coffee
0815 – 0815	Welcome & Introduction
0815 – 0830	PRE-TEST
0830 – 0900	<i>The Role of Services in Infant & Toddler Nutrition, Including Support for Breastfeeding</i>
0900 – 0930	<i>Breastmilk & Other Food & Drinks for Infants & Toddlers</i>
0930 – 0945	Break
0945 – 1030	<i>Safe Bottle Feeding</i>
1030 – 1200	<i>Infant & Follow-On Formulae</i>
1200 – 1215	Break
1215 – 1320	<i>Infant Formulae, Powder</i>
1320 – 1420	<i>Follow-On Formulae, Powder</i>
1420 – 1430	Recap
1430	Lunch & End of Day One

Day 2: Monday, 03rd of November 2025

0730 – 0830	<i>The Feeding Environment & Safe Positioning</i>
0830 – 0930	<i>Giving Up the Bottle</i>
0930 – 0945	Break
0945 – 1030	<i>Introducing Solid Foods</i>
1030 – 1200	<i>Food Allergies & Intolerances</i>
1200 – 1215	Break
1215 – 1320	<i>Foods & Drinks for Infants (6-12 Month Old) & Toddlers (1-2 Year Old)</i>
1320 – 1420	<i>Breastmilk & Other Drinks - Recommendations</i>
1420 – 1430	Recap
1430	Lunch & End of Day Two

Day 3: Tuesday, 04th of November 2025

0730 – 0930	<i>Ready-to-Eat Meal for Infants & Children</i>
0930 – 0945	<i>Break</i>
0945 – 1100	<i>Ready-to-Eat Cereal-Based for Infants & Young Children</i>
1100 – 1200	<i>Processed Cereal-Based Food for Infants & Young Children</i>
1200 – 1215	<i>Break</i>
1215 – 1320	<i>Biscuits, Rusks & Cookies for Children</i>
1320 – 1420	<i>Foods – Recommendations</i>
1420 – 1420	<i>Recap</i>
1430	<i>Lunch & End of Day Three</i>

Day 4: Wednesday, 05th of November 2025

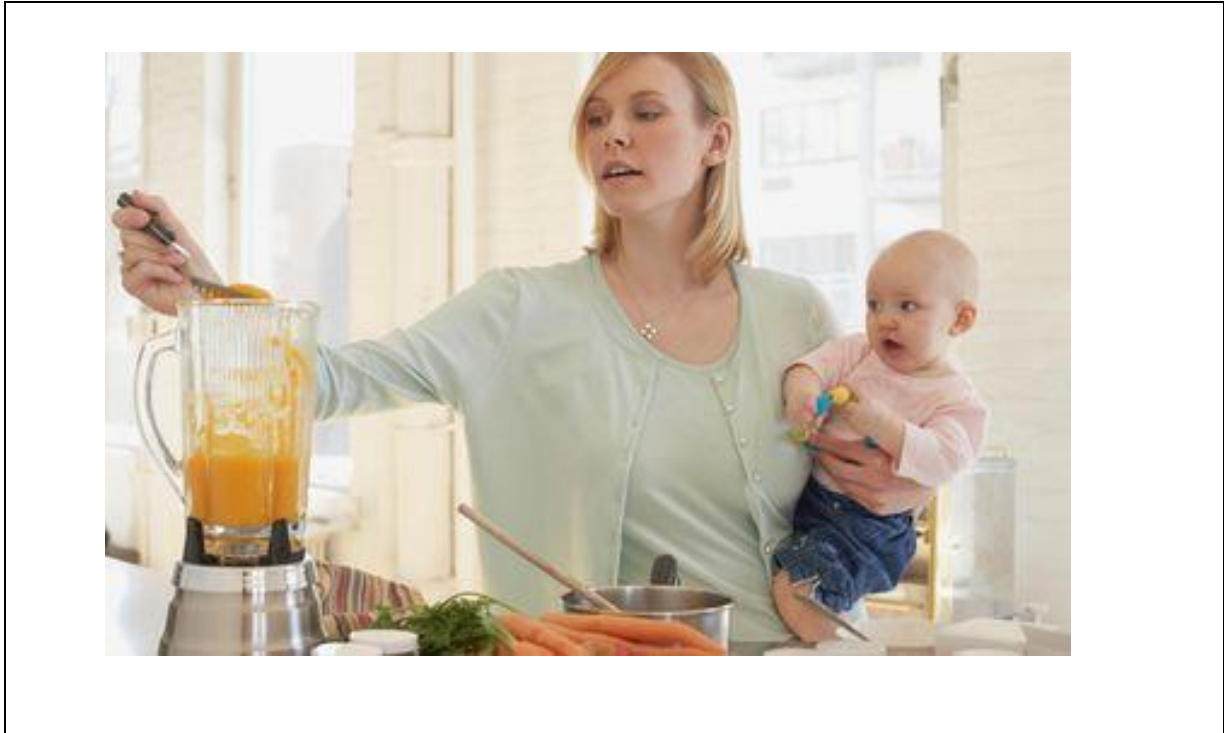
0730 – 0930	<i>Iron-Containing Foods for Infants & Toddlers</i>
0930 – 0945	<i>Break</i>
0945 – 1030	<i>Other Sources of Iron</i>
1030 – 1200	<i>Should Low Fat Foods be Offered?</i>
1200 – 1215	<i>Break</i>
1215 – 1320	<i>Infants & Toddlers on a Vegetarian Diet</i>
1320 – 1420	<i>Fruit & Vegetable Juices & Nectars Specific for Infants & Young Children</i>
1420 – 1430	<i>Recap</i>
1430	<i>Lunch & End of Day Four</i>

Day 5: Thursday, 06th of November 2025

0730 – 0800	<i>Food Textures</i>
0800 – 0930	<i>Minimising the Risk of Choking on Food</i>
0930 – 0945	<i>Break</i>
0945 – 1200	<i>Service Food & Menus – Meeting the Needs of Infants & Toddlers</i>
1200 – 1215	<i>Break</i>
1215 – 1400	<i>Changing Service Menus to Suit 6 to 24 Month Olds</i>
1400 – 1415	POST-TEST
1415 – 1430	<i>Presentation of Course Certificates</i>
1430	<i>Lunch & End of Course</i>

Practical Sessions

This hands-on, highly-interactive course includes real-life case studies and exercises:-



Course Coordinator

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