

National Unit Specification: general information

UNIT	Food for Health (Intermediate 1)
NUMBER	D9NT 10
COURSE	Home Economics: Health and Food Technology (Intermediate 1)

SUMMARY

This unit is designed as an introduction to healthy eating. On completion of the Unit, candidates will have a knowledge and understanding of the Scottish dietary targets for and the functions of the main nutrients. Candidates will be able to prepare healthy dishes which suit the needs of specified individuals and carry out sensory evaluation on these dishes.

OUTCOMES

- 1 Demonstrate a knowledge and understanding of current dietary advice.
- 2 Select and produce a range of healthy dishes.
- 3 Demonstrate a knowledge and understanding of the main nutrients found in food.
- 4 Select and produce a range of dishes to suit the needs of specified individuals.
- 5 Carry out sensory evaluation on a variety of prepared dishes.

RECOMMENDED ENTRY

Whilst entry is at the discretion of the centre candidates would normally be expected to have attained one of the following:

- Cluster award or Units in Home Economics: Health and Food Technology at Access 3
- Standard Grade Home Economics at Foundation level
- Other relevant Home Economics Units.

Administrative Information

Superclass: NH

Publication date: September 2006

Source: Scottish Qualifications Authority

Version: 02

© Scottish Qualifications Authority 2006

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this unit specification can be purchased from the Scottish Qualifications Authority. The cost for each unit specification is £2.50. (A handling charge of £1.95 will apply to all orders for priced items.)

National Unit Specification: general information (cont)

UNIT Food for Health (Intermediate 1)

CREDIT VALUE

1 credit at Intermediate 1 (6 SCOTCAT points*) at SCQF level 4.

**SCOTCAT points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCOTCAT points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

CORE SKILLS

This Unit gives automatic certification of the following:

Complete core skills for the unit	None	
Additional core skills components for the unit	Critical Thinking	Int 1
	Planning and Organising	Int 1

Additional information about core skills is published in the *Catalogue of Core Skills in National Qualifications* (SQA, 2001).

National Unit Specification: statement of standards

UNIT Food for Health (Intermediate 1)

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit Specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

OUTCOME 1

Demonstrate a knowledge and understanding of current dietary advice.

Performance criteria

- a) The Scottish dietary targets are correctly identified.
- b) An explanation of the effects on health of following each of the Scottish dietary targets is accurate.

Evidence requirements

Recorded evidence must be provided to show that the performance criteria have been met on one occasion. The proposed instrument of assessment is short/restricted response questions.

OUTCOME 2

Select and produce a range of healthy dishes.

Performance criteria

- a) The dishes selected meet current dietary advice.
- b) The food preparation and cooking methods are appropriate.
- c) The dishes are prepared to an acceptable standard.
- d) Safe and hygienic practices in food production are demonstrated.

Evidence requirements

Recorded evidence must be provided to show that each of the performance criteria has been met on one occasion. The proposed instrument of assessment is a practical exercise. Attainment could be recorded by the use of an observational checklist.

Specific advice:

- a) The dishes should meet one or more of the following criteria: use fruit and/or vegetables as the main component; low in fat; low in sugar; low in salt; high in total complex carbohydrates; use fish.
- b) Food preparation techniques/cooking methods should promote the retention of nutrients.
- c) The dishes should meet the required specification.
- d) The candidate must wear appropriate clothing, maintain a high standard of personal hygiene, maintain a clean and tidy workstation and use all equipment in a safe manner.

National Unit Specification: statement of standards (cont)

UNIT Food for Health (Intermediate 1)

OUTCOME 3

Demonstrate a knowledge and understanding of the main nutrients found in food.

Performance criteria

- a) The functions of the main nutrients are correctly identified.
- b) Food sources of the main nutrients are correctly identified.

Note on range for the outcome

Main nutrients: protein; fats; carbohydrates; vitamins – A, B group, C and D; minerals – calcium; iron.

Evidence requirements

Recorded evidence must be provided to show that the performance criteria has been met on one occasion. The proposed instrument of assessment is short/restricted response questions.

Specific advice:

- a) Candidate can identify two functions of each nutrient.
- b) Candidate can identify two food sources of each nutrient.

OUTCOME 4

Select and produce a range of dishes to suit the needs of specified individuals.

Performance criteria

- a) The dishes selected meet the needs of a given situation.
- b) The food preparation and cooking methods are appropriate.
- c) The dishes are prepared to an acceptable standard.
- d) Safe and hygienic practices in food production are demonstrated.

Evidence requirements

Recorded evidence must be provided to show that each of the performance criteria has been met on one occasion. The proposed instrument of assessment is a practical exercise. Attainment could be recorded by the use of an observational checklist.

Specific advice:

- a) The dishes chosen should be suitable for two of the following:
 - toddlers
 - teenager who is anaemic
 - pregnant women
 - teenager who takes part in sports
- b) Food preparation techniques and cooking methods should promote the retention of nutrients.
- c) The dishes should meet the required specification.
- d) The candidate must wear appropriate clothing, maintain a high standard of personal hygiene, maintain a clean and tidy workstation and use all equipment in a safe manner.

National Unit Specification: statement of standards (cont)

UNIT Food for Health (Intermediate 1)

OUTCOME 5

Carry out sensory evaluation on a variety of prepared dishes.

Performance criteria

- a) The sensory evaluation of the dishes is relevant and accurate.

Evidence requirements

Recorded evidence must be provided to show that each of the performance criteria has been met on one occasion. The proposed instrument of assessment is a practical exercise. Candidates should record results using a simple sensory evaluation sheet.

Specific advice:

- a) The dishes should be evaluated using a simple method of sensory evaluation.

National Unit Specification: support notes

UNIT Food for Health (Intermediate 1)

This part of the Unit Specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

GUIDANCE ON THE CONTENT AND CONTEXT FOR THIS UNIT

Outcome 1

Reference should be made to the following:

The Scottish Diet Action Plan 1996 (Scottish Office/Department of Health) Page 79

Scottish dietary targets:

- Eat more fruit and vegetables
- Eat more bread
- Eat more breakfast cereals
- Eat more total complex carbohydrates
- Eat more oily fish
- Eat less fat
- Eat less salt
- Eat less sugar

Outcome 2

Candidates should select, or adapt, from recipe books, dishes which meet current dietary advice, i.e. use fruit and/or vegetables as the main component; low in fat; low in sugar; low in salt; high in total complex carbohydrates; use fish. The food preparation and cooking techniques should be appropriate to the recipe selected. The dish should be of an acceptable standard, i.e. the dish should be edible, attractively presented and should meet the specification of meeting current dietary advice as shown above. Safe and hygienic practices in the preparation and cooking of food should be observed at all times.

Outcome 3

Candidates should identify two functions and two sources of the main nutrients: protein; fats; carbohydrates; vitamins - A, B group, C and D; minerals - calcium; iron

Outcome 4

Candidates should select from recipe books, dishes which are suitable for two of the following; in terms of a healthy balanced diet:

- toddlers
- teenager who is anaemic
- pregnant women
- a teenager who takes part in sport

Safe and hygienic practices in the preparation and cooking of food should be observed at all times.

Food preparation techniques should promote healthy eating and the retention of nutrients, for example – scrubbing vegetables, removing thin skins from vegetables, no pre-preparation of vegetables.

Cooking methods should promote healthy eating and the retention of nutrients, for example – baking, grilling, steaming, stir-frying, and microwave cookery.

National Unit Specification: support notes (cont)

UNIT Food for Health (Intermediate 1)

The dishes should be of an acceptable standard, ie should be edible, attractively presented and should meet the specification of showing that the nutritional and health needs of the individual have been met.

Outcome 5

The candidate should carry out simple sensory evaluation on the dishes made and record the results on a sensory evaluation sheet using a 3 star ratings system under the headings of:

- Taste
- Texture
- Appearance

These ratings should be accurate and relevant to the prepared dish.

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

The learning and teaching approach should allow the outcomes to be achieved through candidate participation in practical activities. Theoretical aspects should form an integral part of each practical exercise. The needs and abilities of each candidate should be taken into account in terms of the support and equipment required and time should be given to allow candidates to acquire and practice skills.

Use should be made of the SQA evaluation skills pack issued January 2002.

National Unit Specification: support notes (cont)

UNIT Food for Health (Intermediate 1)

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

Outcome 1

PC(a) The candidate should complete one short answer question to correctly identify four of the Scottish dietary targets from:

- Eat more fruit and vegetables
- Eat more bread
- Eat more breakfast cereals
- Eat more complex carbohydrates
- Eat more oily fish
- Eat less fat
- Eat less salt
- Eat less sugar

Total 2 marks

PC(b) The candidate should complete one restricted response question to explain the effects on health of following each of the Scottish dietary targets selected.

Health effects:

- Prevention of coronary heart disease
- Prevention of obesity
- Prevention of constipation, bowel cancers, diverticular disease
- Prevention of tooth decay
- Prevention of high blood pressure, strokes
- Prevention of diabetes
- Prevention of anaemia

Total 4 Marks

A 70% cut off will be applied to indicate success for the outcome.

Outcome 2

Attainment should be recorded by means of an observational checklist modelled upon performance criteria (a) – (d).

Outcome 3

The candidate can complete short answer questions based on PCs (a) and (b):

- Identifying two functions for five of the nutrients in the range 10 marks
- Identifying two food sources of each nutrient 5 marks

A 70% cut off will be applied to indicate success for the outcome.

Outcome 4

Attainment should be recorded by means of an observational checklist modelled upon performance criteria (a) – (d).

Outcome 5

PC(a) The candidate should carry out simple sensory evaluation on the dishes made and record the results using a sensory evaluation sheet using the headings of:

- Taste
- Texture
- Appearance

National Unit Specification: support notes (cont)

UNIT Food for Health (Intermediate 1)

SPECIAL NEEDS

This Unit Specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering special alternative outcomes for units. For information on these, please refer to the SQA document *Guidance on Special Assessment Arrangements* (SQA, publication code AA0645).