

-SQA- SCOTTISH QUALIFICATIONS AUTHORITY

**Hanover House
24 Douglas Street
GLASGOW G2 7NQ**

NATIONAL CERTIFICATE MODULE DESCRIPTOR

-Module Number- 7150520 -Session-1990-91
-Superclass- NH

-Title- NUTRITION AND MENU PLANNING

-DESCRIPTION-

Purpose This module is designed to enable the student to acquire an understanding of nutrition and apply this in the planning of meals using current nutrition guidelines.

Preferred Entry Level 97499 Introduction to Food Preparation Techniques.

Outcomes The student should:

1. produce an information leaflet on the principles of nutrition;
2. plan and cook simple balanced meals;
3. compare a home cooked dish with a similar convenience food.

Assessment Procedures Acceptable performance in the module will be satisfactory achievement of all the Performance Criteria specified for each Outcome.

The following abbreviations are used below:

PC Performance Criteria
IA Instrument of Assessment

Note: The Outcomes and PCs are mandatory and cannot be altered. The IA may be altered by arrangement with SQA. (Where a range of performance is indicated, this should be regarded as an extension of the PCs and is therefore mandatory.)

OUTCOME 1 PRODUCE AN INFORMATION LEAFLET ON THE PRINCIPLES OF NUTRITION

- PCs
- (a) The identification of the sources and functions of the main food constituents is accurate and comprehensive.
 - (b) The explanation of how the nutritional value of common foods can be preserved before and after cooking is correct.

IA Assignment.

The student will be set an assignment to test his/her knowledge of the principles of nutrition by producing an information leaflet.

The assignment will require the student to include at least five common foods in the leaflet and to show ways of preserving the nutritional value of these five foods. All the functions and four sources for each main food constituent should be identified.

Satisfactory achievement of the Outcome will be based on the student satisfying all the Performance Criteria.

OUTCOME 2 PLAN AND COOK SIMPLE BALANCED MEALS

- PCs
- (a) The menu plan devised is nutritionally balanced and meets current nutritional recommendations.
 - (b) The preparation and cooking methods used conserve the nutritional value of the food.
 - (c) The cooked meal is palatable and aesthetically presented.

IA Practical Exercise

The student will be set a practical exercise to test the knowledge and skills required to plan and cook simple balanced meals.

The practical exercise will require the student to produce a menu plan for three days consisting of breakfast, lunch, dinner, for a particular target group. From the student's menu plan, three meals should be cooked, one breakfast, one two-course lunch and one three-course dinner.

Satisfactory achievement of the Outcome will be based on the student satisfying all the Performance Criteria.

**The following sections of the descriptor are offered as guidance.
They are not mandatory.**

CONTENT/CONTEXT

Corresponding to Outcomes 1-3:

1. Knowledge of sources and functions of the main food constituents ie. protein, fat, carbohydrate, vitamins A, B, C, D.
Minerals - iron, calcium, sodium phosphorus fluoride;
water and fibre.

Ways of preserving the nutritional value of foods eg. selection and storage, organic food etc.
 2. Understanding of the principles of meal planning. Application of these when planning and cooking balanced meals eg. breakfast, lunch, dinner, snacks.

Understanding of current nutritional reports and labelling.
 3. If possible the student should compare dishes made in Outcome 2 with similar bought ready-made and/or convenience foods in terms of cost, taste, time to make and cook or reheat, nutritive value and value for money.
-

SUGGESTED LEARNING AND TEACHING APPROACHES

Current nutrition literature, leaflets, journals, videos may be used to provide information on nutrition.

Practical cookery sessions will be an important part of the module and may be used for formative assessment purposes.

An exemplar assessment pack for this unit is available from SQA. Please call our Sales and Despatch section on 0141 242 2168 to check availability and costs. Quote product code B052.