

-SQA- SCOTTISH QUALIFICATIONS AUTHORITY

**Hanover House
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NATIONAL CERTIFICATE MODULE DESCRIPTOR

-Module Number- 7150540 -Session-1990-91
-Superclass- NH

-Title- NUTRITION AND HEALTH

-DESCRIPTION-

Purpose This module enables the student to apply nutritional recommendations to establish a healthy eating plan for a variety of target groups. It is aimed at students who wish to gain a broader understanding of nutrition.

Preferred Entry Level 7150520 Nutrition and Menu Planning.

Outcomes The student should:

1. devise a menu plan for any given target group using current nutrition guidelines;
2. evaluate the nutritional value of meals to assess whether current nutrition guidelines are being met.

Assessment Procedures Acceptable performance in the module will be satisfactory achievement of 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 DEVISE A MENU PLAN FOR ANY GIVEN TARGET GROUP USING CURRENT NUTRITION GUIDELINES

- PCs
- (a) The explanation of the different dietary needs of particular target groups is accurate in terms of current nutrition guidelines.
 - (b) The application of the current nutrition guidelines to the particular target group is appropriate in terms of their dietary requirements.
 - (c) The menu plan is varied, meets the dietary requirements of the target group, takes account of resources available to the target group and the tastes/preferences of the target group.

IA Assignment

The student will be set an assignment to test the knowledge required to devise a menu plan for a given target group using current nutrition guidelines.

The assignment will require the student to devise a two-week menu plan consisting of three meals a day for one particular target group chosen by the tutor. The tutor will provide relevant information on the target group in question together with information on constraints to be considered eg. financial, tastes/preferences, dietary restrictions. The menu plan should incorporate the recommendations of current nutrition guidelines and should be tailored to the resources available to the target group and to any tastes/preferences of the target group.

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

OUTCOME 2 EVALUATE THE NUTRITIONAL VALUE OF MEALS TO ASSESS WHETHER CURRENT NUTRITION GUIDELINES ARE BEING MET

- PCs
- (a) The calculation of the nutritional value of food using tables/computer programmes is correct.
 - (b) The analysis of the nutrient content of food is accurate.
 - (c) The evaluation of the nutritional value of a menu plan for a particular target group is appropriate in terms of current nutrition guidelines.

IA Case Study

The student will be set a case study to test the knowledge and skills required to calculate the nutritional value of meals and to assess whether current nutrition guidelines are being met.

The case study will provide details of an individual's food intake including portion sizes over one week which have been partially calculated by the lecturer/tutor. The student will be required to complete the calculation of four food constituents (of which protein and energy must be included) for the week by working out the value for one day using food tables or three days using a computer programme. The student will produce a report evaluating the nutritional value of the food intake in terms of current nutrition guidelines for the target group, and should make three comments on the diet of the target group.

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 1-2:

1. The main classes of food constituents, functions and sources of each nutrient; current nutrition guidelines (eg. NACNE (1983) and COMA (1984) and other relevant current information; target groups refer to specific categories such as students in a flat, family with unemployed parent, elderly couple on a pension, one parent family, adolescent, adult trying to lose weight, vegetarians, particular cultural groups, etc.

Practical constraints/limitation(s) should be taken into account in devising the menu eg. a particular financial limit; having to exclude particular food(s), limits on food preparation time, not having particular equipment for food preparation etc.

2. The calculation of nutritional values using food tables/computer programmes using standard portions (MAFF 1989).
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SUGGESTED LEARNING AND TEACHING APPROACHES

To meet the Outcomes in this module students should be encouraged to use food and nutrition publications and manuals. Food tables/computer programmes should be used for calculating nutritional values. A talk from a dietician, viewing of films and videos and interviews with members of the target group could be used to stimulate group discussion.

For Outcome 1 the student should be able to apply current nutrition guidelines to a variety of target groups and tutors should encourage this by means of formative assessment.

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