



National Unit Specification: general information

UNIT Healthy Cookery (SCQF level 4)

CODE F4SS 10

SUMMARY

This Unit will introduce candidates to the main food groups and their sources and also develop an understanding of the role that food plays for a healthy lifestyle. In addition candidates will use standard professional cookery recipes, alter them to provide a healthier version and use these altered recipes during practical food production activities.

This Unit is suitable for candidates with no prior knowledge or experience of the hospitality industry.

OUTCOMES

- 1 Investigate the main food groups and the benefits of a balanced diet.
- 2 Adapt given recipes to produce healthier versions
- 3 Use the adapted recipes to produce healthier versions.

RECOMMENDED ENTRY

Entry is at the discretion of the centre. However having good communication skills will be an advantage.

CREDIT VALUE

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

**SCQF credit 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 SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Administrative Information

Superclass: NF

Publication date: June 2008

Source: Scottish Qualifications Authority

Version: 01

© Scottish Qualifications Authority 2008

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. Please contact the Customer Contact Centre, telephone 0845 279 1000.

National Unit Specification: general information (cont)

UNIT Healthy Cookery (SCQF level 4)

CORE SKILLS

There is no automatic certification of Core Skills in this Unit.

Opportunities for developing aspects of Core Skills are highlighted in *Guidance on Teaching and Learning Approaches*.

National Unit Specification: statement of standards

UNIT Healthy Cookery (SCQF level 4)

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 SQA.

OUTCOME 1

Investigate the main food groups and the benefits of a balanced diet.

Performance Criteria

- (a) Identify the main food groups.
- (b) Identify foods associated with the main food groups.
- (c) Explain the benefits of a balanced diet.

OUTCOME 2

Adapt given recipes to produce healthier versions.

Performance Criteria

- (a) Identify ingredients which could be substituted to produce healthier versions.
- (b) Identify alternative cooking methods to produce healthier versions.
- (c) Explain the reasons for the changes made.

OUTCOME 3

Use the adapted recipes to produce healthier versions.

Performance Criteria

- (a) Prepare ingredients in as healthy a way as possible using professional cookery techniques.
- (b) Cook and present dishes to an acceptable standard using healthy cooking methods.
- (c) Carry out each activity using the correct health and safety and food hygiene procedures.

National Unit Specification: statement of standards (cont)

UNIT Healthy Cookery (SCQF level 4)

EVIDENCE REQUIREMENTS FOR THIS UNIT

Evidence is required to demonstrate that all Outcomes and Performance Criteria have been met. Written/oral evidence and performance evidence is required for this Unit.

- ◆ written/oral evidence is required which demonstrates knowledge and understanding of the main food groups and their sources, the importance of a balanced diet and how to achieve this by altering recipes and cooking methods
- ◆ practical activities for this assessment should be carried out under supervision in a professional kitchen and should provide opportunities to demonstrate good working practice

Outcome 1 — Written/Oral evidence

Candidates are required to produce evidence that they can:

- ◆ identify the main food groups
- ◆ identify foods associated with the main food groups
- ◆ explain the benefits of a balanced diet

Food Groups: Carbohydrates, Proteins, Fats and Fibre.

Candidates must identify a minimum of two foods for each of the main food groups. Candidates should also identify a minimum of two benefits of a balanced diet.

Outcome 2 — Written/Oral evidence

Candidates will be given a minimum of three recipes (one starter, one main course, one sweet course). For each recipe they must produce evidence that they have:

- ◆ identified ingredients which could be substituted to produce a healthier version
- ◆ identified alternative cooking methods to produce a healthier version
- ◆ explained the reasons for the changes made

For each recipe candidates must identify a minimum of two ingredients which could be substituted and a minimum of one change to a cookery method.

Evidence should be gathered in supervised open-book conditions at appropriate points throughout the Unit.

Outcome 3 — Performance evidence

Candidates are required to demonstrate that they have used the adapted recipes and:

- ◆ prepared all ingredients in as healthy a way as possible using professional cookery techniques
- ◆ cooked the dishes to a commercially acceptable standard using healthy cooking methods
- ◆ present the dishes to a commercially acceptable standard
- ◆ carried out each activity using the correct health and safety and food hygiene procedures

National Unit Specification: statement of standards (cont)

UNIT Healthy Cookery (SCQF level 4)

The activity must be carried out in supervised conditions, and an assessor observation checklist must be retained as evidence of performance.

The Assessment Support Pack provided for this Unit illustrates the standard that should be applied. It includes a pro forma and an assessor observation checklist. If a centre wishes to design its own assessments for this Unit, they should be of a comparable standard.

National Unit Specification: support notes

UNIT Healthy Cookery (SCQF level 4)

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

This Unit is an optional Unit of the National Certificate Group Award in Hospitality at Intermediate 1. It can also be taken as a free-standing Unit

The theoretical content of this Unit is founded upon the principles of basic nutrition and the promotion of a healthy diet.

The Unit is the first step in identifying the main groups and foods associated with each of these groups. It is important that candidates learn about the consequences of a poor diet. In Scotland, poor diet is a major cause of preventable ill health with obesity, especially among children, on the increase. However food can be a great pleasure and the ability for professional caterers to produce healthy food is of increasing importance not only for the customer but also for the catering business concerned.

The Unit is designed for candidates to firstly complete an investigation which identifies the main food groups such as carbohydrates, proteins, fats, fibre and then introduce the foods which represent these groups. Through practical exercises, candidates will adapt recipes to meet current dietary advice. These adapted recipes should then be produced in a healthy manner using professional cookery techniques.

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

The requirements of the Unit should be discussed with candidates as part of induction to the Unit. The main approach to learning and teaching should be practical and experiential. Candidates should be encouraged to learn through a variety of activities which are designed to enhance their awareness of the skills required to work in a professional kitchen. Each part of teaching and learning should incorporate both theory and practice to facilitate learning, and Outcome 3 should be designed so that the candidate experience is of a completed dish on each occasion.

In Outcome 1, candidates should be encouraged to use a variety of methods to investigate the main food groups and the importance of a balanced diet such as pamphlets available from food retailers, food and health handbooks and textbooks, internet food sites and visiting speakers.

For Outcome 2 they should be provided with three recipes from professional cookery text books in order to carry out the task of altering standard recipes to produce healthier versions. Group discussion may be a useful way to disseminate knowledge.

For Outcome 3 the practical activities could be integrated with other food preparation and cooking Units and provide opportunities for candidates to consider healthy options.

National Unit Specification: support notes

UNIT Healthy Cookery (SCQF level 4)

Opportunities should be taken to integrate the required knowledge of health and safety and food hygiene procedures in a real context. In this way, the health and safety and food hygiene legislation will not only be more relevant but will be more easily understood and remembered. The emphasis should always be on the practice of working safely and hygienically.

All new techniques, cookery processes and equipment should be demonstrated by the teacher/lecturer prior to the candidates undertaking the preparation technique/cookery process. The development of correct working practices must be emphasised. The safe use of knives should be demonstrated and reinforced throughout.

Candidates should be given clear instructions for each task to ensure that they are fully aware of what is expected of them and they should be encouraged to follow the altered versions of the recipes when carrying out the practical tasks.

It is also important that candidates get support and feedback from their teacher/lecturer on their performance and progress. Feedback should highlight aspects where candidates did well and areas for improvement.

The Unit therefore should incorporate a variety of approaches to teaching and learning, including:

- ◆ teacher/lecturer demonstrations
- ◆ practical activities
- ◆ investigations using various resources
- ◆ group discussions
- ◆ the use of structured worksheets

OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

In this Unit candidates will be involved in working as part of a kitchen team and will learn how important it is to work cooperatively with others and to listen effectively. During practical activities they will be required to weigh and measure foods. Therefore, aspects of the following Core Skills will be developed:

- ◆ Communication
- ◆ Numeracy
- ◆ Working with Others

National Unit Specification: support notes (cont)

UNIT Healthy Cookery (SCQF level 4)

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by information and communications technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

Outcome 1 tests candidates' ability to identify foods within the main food groups and explain the benefits of a balanced diet. Outcome 2 tests candidates' ability to adapt recipes to produce healthier dishes. Both Outcomes 1 and 2 should be assessed prior to the assessment of Outcome 3.

Outcome 3 will test the candidates' ability to produce the dishes adapted in Outcome 2. Evidence will be performance based and should be recorded using an assessor observation checklist.

The Evidence Requirements are fully expressed in the mandatory section of this Unit Specification.

Assessor observation checklists and other assessment records should be maintained and kept up-to-date to keep track of candidate progress and provide evidence for Internal and External Verification purposes.

The Assessment Support Pack provided for this Unit illustrates the standard that should be applied. It includes a pro forma and an assessor observation checklist. If a centre wishes to design its own assessments for this Unit, they should be of a comparable standard.

CANDIDATES WITH DISABILITIES AND/OR ADDITIONAL SUPPORT NEEDS

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).