

National Unit Specification: general information

UNIT	Food Preparation for Healthy Eating (Intermediate 2)
NUMBER	D262 11
COURSE	Hospitality - Practical Cookery (Intermediate 2)

SUMMARY

On successful completion of this unit, the candidate will be able to look at established dishes and produce them in a 'healthier' manner.

OUTCOMES

- 1 Identify and amend the recipes for a range of established dishes to provide a healthier end product.
- 2 Identify and evaluate methods of cookery that enhance healthier eating.
- 3 Using the amended recipes, produce a range of dishes to promote healthier eating.

RECOMMENDED ENTRY

While entry is at the discretion of the centre, candidates would find it advantageous to have attained:

- Standard Grade Home Economics at General level
- a course or units in Hospitality or Home Economics at Intermediate 1
- other appropriate catering-related units, or
- equivalent industrial experience

CREDIT VALUE

1 credit at Intermediate 2.

Administrative Information

Superclass:	NE
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National Unit Specification: general information (cont)

UNIT Food Preparation for Healthy Eating (Intermediate 2)

CORE SKILLS

This unit gives automatic certification of the following:

Complete core skills for the unit

None

Core skills components for the unit

Critical Thinking Int 2

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 Preparation for Healthy Eating (Intermediate 2)

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

OUTCOME 1

Identify and amend the recipes for a range of established dishes to provide a healthier end product.

Performance criteria

- (a) The identified established dishes are of a nature that would allow alterations to provide a healthier option.
- (b) The recipes are amended to provide a healthier end product.
- (c) Work plan is provided for each dish.
- (d) Costing exercise is undertaken for a prescribed dish.

Evidence requirements

Evidence must be provided to show that each performance criterion has been achieved.

Performance criteria (a) and (b) - Candidates must select three different dishes from the following categories and make two amendments to each recipe: soup, quiche/pie, pasta dish with sauce, chicken dish, ethnic dish, salad and dressing, savoury dish using potatoes/vegetables, hot/cold sweet and accompanying sauce, cake/pastry.

PC (c) - For each of the three dishes identified in performance criterion (a), candidates must provide a work plan.

PC (d) – a costing exercise is undertaken for a prescribed dish allowing a comparison between an original and adapted product.

OUTCOME 2

Identify and evaluate methods of cookery that enhance healthier eating.

Performance criteria

- (a) Cookery methods are identified that produce a healthier end product.
- (b) An explanation is provided of why the recommended methods of cookery were selected.

Evidence requirements

Evidence must be provided to show that candidates have selected three different methods of cookery which produce a healthier end product. Methods of cookery should be selected from the following: boiling, stewing, baking, grilling, pot-roasting, poaching, braising, roasting, steaming, stir-frying, microwaving. Two reasons for each selected method must be provided.

National Unit Specification: statement of standards (cont)

UNIT Food Preparation for Healthy Eating (Intermediate 2)

OUTCOME 3

Using the amended recipes, produce a range of dishes to promote healthier eating.

Performance criteria

- (a) The preparation techniques and cooking methods are appropriate and maximise retention of nutrients.
- (b) Dishes are produced within the timescale given.
- (c) Dishes are presented to an appropriate standard.
- (d) Safe and hygienic practices in food production are demonstrated.

Evidence requirements

Evidence must be provided to show that each of the performance criteria has been met. A structured observation checklist should be used to record performance.

Candidates, using the dishes selected within outcome 1, must produce successfully at least three different types of dishes on at least one occasion.

National Unit Specification: support notes

UNIT Food Preparation for Healthy Eating (Intermediate 2)

This part of the unit specification is offered as guidance. The support notes are not mandatory.

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

GUIDANCE ON CONTENT AND CONTEXT FOR THIS UNIT

This unit is designed to enable candidates to carry out practical activities which demonstrate how, by applying basic principles of commodity selection and methods of cookery, traditional foods can be produced in a healthier way.

Candidates are also encouraged to develop, at a basic level, planning and organisational skills for practical activities.

Selection of traditional recipes which may be considered suitable for adaptation, taking into account:

- alternative ingredients
- use of organically produced commodities
- cost implication

Selection of dishes from traditional meals which will include breakfast, snacks, mid-day and evening meals.

Selection of cookery processes which may enhance the health value of dishes should be taken into account:

- reduced fat content
- shorter cooking time
- alternative cooking methods
- reduced holding time

Practical preparation of amended recipes and cooking methods used should take into account:

- preparation techniques
- handling procedures
- preparation timescale
- presentation techniques
- selection of cookery containers and utensils
- portion control

National Unit Specification: support notes (cont)

UNIT Food Preparation for Healthy Eating (Intermediate 2)

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

Candidates should be given opportunities to work towards outcomes in an integrated way, wherever possible.

Outcomes 1 and 2 require an investigative approach with well-structured references and indications being provided as a starting point for the candidate. An element of experimental cookery would be advantageous as the work for these two outcomes develops. It is important that the candidate realises the cost implications which may result from proposed recipe changes. Outcome 3 requires a completely practical approach applying the agreed changes identified within Outcomes 1 and 2.

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

Candidates should be assessed on an ongoing basis throughout the unit.

Outcome 1

The dishes which candidates suggest for ‘alterations’ should be assessed for their suitability in relation to the dishes’ adaptability, acceptability and time for production. Recipes, work methods and costings should be assessed in terms of accuracy.

Outcome 2

The suggested methods of cookery, and their subsequent justification, should be assessed in terms of suitability and accuracy.

Outcome 3

The candidate should:

- manage relevant materials and equipment in the preparation of ‘healthy’ dishes to an acceptable standard
- use local and regional produce where appropriate
- develop evaluation skills in relation to dishes produced

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 alternative outcomes for units. For information on these, please refer to the SQA document *Guidance on Special Assessment Arrangements for* (SQA, 2001).