

Module specification

1. Factual information			
Module title	F&N 1.2 Cooking for and with Babies, Infants and Children		
Module tutor	Penny Lukins and Jenny Tang	Level	First year
Module type	Taught	Credit value	N/A
Mode of delivery	Blended learning: 67% face to face, 33% online teaching		
Notional learning hours	14 hours face to face 7 hours online		

2. Rationale for the module and its links with other modules	
<p>Students will expand on the skills and techniques from F&N 1.1.</p> <p>The overall focus is on weaning and meal planning to ensure that children and babies have a balanced diet.</p> <p>As babies can indicate intolerances or allergies when introducing new foods, students will complete an online allergy awareness course.</p> <p>The practical sessions are underpinned during the online lecture.</p>	

3. Aims of the module	
<p>To give students the basic knowledge, skills and confidence to introduce appropriate foods in a safe and timely way to developmentally ready babies.</p> <p>To be able to prepare nutritious meals and further develop an understanding of the main food groups and the nutritional values of the foods used.</p> <p>This unit will reinforce knowledge of the kitchen equipment and utensils and safe and hygienic practices when preparing food.</p>	

4. Prerequisite modules or specified entry requirements	
None	

5. Does the module permit compensation?	
No	

6. Learning, teaching and assessment strategy for the module	
<p>Practical cooking</p> <p>Demonstration/videos</p> <p>Online theory sessions</p> <p>Discussion and questioning</p> <p>Online allergy awareness course</p> <p>Self-assessment and evaluation</p>	



Quizzes and questionnaires

7. Intended learning outcomes

At the end of the module, learners will be expected to:

1. Identify and explain the basic food groups and create age-appropriate balanced meals.
2. Discuss and explain the process of introducing solid foods to babies.
3. Demonstrate and justify correct cooking techniques in order to prepare nutritious balanced meals for children and weaning babies.
4. Demonstrate safe and hygienic processes during preparation and cooking.
5. Demonstrate an awareness of food allergies and discuss appropriate responses.
6. Reflect on and evaluate their cooking with particular reference to weaning babies, suggesting areas for focus and improvement.

7a. Norland diploma programme learning outcomes met

PLO1, PLO2, PLO4, PLO5, PLO7

8. Indicative content (this should provide an overview of content over the number of weeks of module delivery)

Week 1 – Introduction to weaning

Chicken meatballs, rice, sugar-free flapjack

Week 2 – Meal planning, introduction to the assessment

Lentil ragu, rice or semolina pudding, fruit compote

Week 3 – Meal planning continued

Pizza, breadsticks, mini cheesecake

Week 4 – The importance and role of vitamins and minerals

Cottage pie, peas, fruit crumble

Week 5 – Allergy awareness, particularly when introducing new foods to children (allergy awareness certificate)

Sausage and butterbean casserole, kale, upside-down pudding

Week 6 – An understanding of the main food groups and the role these foods play in a child’s diet (fats and dairy)
Fish cakes, vegetable biryani, beetroot and chocolate brownies

Week 7 – Complementary feeding continued; Moodle quiz
Pork and apple cobbler, sweet potato patties

Practical sessions will all focus on cooking for children at various stages of the complementary feeding process.

Principles of complementary feeding, readiness, equipment, appropriate foods and textures, methods, recording, timing, and intolerance and allergies.
An introduction to meal planning for children and babies, the importance of a balanced diet through food group knowledge, and the nutritional value of the foods used.

Recipes are a guide and can vary to manage ingredient availability, student suggestions, programme improvement and further choice options.

9. Assessment

Assessment rationale

Introducing solid food to babies is an important part of the nanny’s role. There is often conflicting guidance and advice that a good practitioner will need to navigate through. This assessment checks the student’s ability to accurately support weaning, adapting to the individuality of children and families, while following current guidance and safe practice.

Assessment task	Weighting	Week submitted	Grading (pass/fail/%)	Module learning outcomes the assessment task maps to
<p>001: Practical skills assessment: Safe and hygienic practice while cooking using techniques in session</p> <p>Students are assessed during the practical session on safe, accurate and hygienic processes, organisation and tidiness. A short self-reflection is completed at the end of the session and the written feedback on this is given within the 002 assessment uploaded to Turnitin.</p>	50%	6	Pass/Merit/ Distinction	LO3, LO4
<p>002: Written assessment task and reflection</p> <p>Create a poster or information leaflet to explain the process of introducing solid food to infants. Include a suitable one-day meal plan for a six-month-old baby and one for a nine-month-old baby.</p> <p>Consider both traditional spoon-feeding and baby-led feeding.</p> <p>Explain the textures of the foods suggested and appropriate cooking methods.</p> <p>Reflect on and evaluate the trimester's cookery.</p> <p>1,500 words with pictures; recipes are not included in the word count.</p>	50%	7	Pass/Merit/ Distinction	LO1, LO2, LO6

10. Teaching staff associated with the module
Name and contact details
Penny Lukins, penny.lukins@norland.ac.uk
Jenny Tang, jenny.tang@norland.ac.uk

11. Core reading list				
Author	Year	Title	Location	Publisher
Wilson, R.	2020	<i>What Mummy makes</i>	Great Britain	Dorling Kindersley
Stirling-Reed, C.	2021	<i>How to wean your baby</i>	London	Vermilion
Sanjannat, J.	2023	<i>Nutritious recipes for baby and weaning</i>	London	Independently published

12. Other indicative text (e.g., websites)
British Nutrition Foundation (no date) <i>5532 portion sizes</i> . Available at: https://www.nutrition.org.uk/life-stages/toddlers-and-pre-school/5532-portion-sizes/ (Accessed: 14 May 2023).

13. List of amendments since last (re)validation		
Area amended	Details	Date Central Quality informed



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