

Module specification

1. Factual information			
Module title	F&N 3.2 Preparation for NQN		
Module tutor	Penny Lukins and Jenny Tang	Level	Third year
Module type	Taught	Credit value	N/A
Mode of delivery	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 extend their cooking skills during the practical sessions, following nutritious recipes with an increased choice and variety within the optional recipes. Greater autonomy is given to adapt and amend recipes, in particular to cater for specific dietary requirements.</p> <p>There is a focus on whole family cooking in preparation for the NQN year.</p> <p>Meal planning, including detailed nutritional value of the foods used as well as using ingredients, processes and equipment that policy or time prevent us from cooking.</p> <p>Each practical session is underpinned during the online lectures.</p>	

3. Aims of the module	
<p>To prepare students for family cooking while working.</p> <p>Building on nutritional knowledge, extending skills, managing time and equipment.</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>Self-assessment and evaluation</p> <p>Quizzes and questionnaires</p>	

7. Intended learning outcomes

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

1. Consider the nutritional values of food and the benefits of meal planning, variety and choice for family cooking.
2. Consider the nutritional impacts of different cooking techniques in order to plan and prepare balanced meals for the whole family.
3. Consider safe and hygienic processes during preparation, cooking, storing and reheating of family meals.
4. Explain how meal times are recorded and documented.
5. Reflect on and evaluate their family cooking, 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 – Considerations when feeding young children; fussy eating and introducing new foods

Fresh pasta and a selection of fillings and sauces

Week 2 – Cooking with, and cleaning, microwaves; introduction to the assessment task

Pastry-topped pie or quiche, carrot and swede mash, seasonal vegetables

Week 3 – Kitchen care, cleaning and general organisation and management

Choice of a variety of curries, or sweet and sour chicken, pilau rice, naan bread

Week 4 – Other cooking tools and equipment

Carbonara, gnocchi, gnudi and various sauces

Week 5 – Cooking that takes time

Fresh fish (gutting, filleting), paella or fish cakes, duchess potatoes

Week 6 – Nuts, seeds and ‘superfoods’

Swedish meatballs, or meat loaf, potato dauphinois

Week 7 – Cooking on NQN, importance of record-keeping and weaning recap

Egg fried rice, Chinese spring rolls, pain au chocolat, and some student choice

Cooking to cater for each family member, including a complementary feeding recap.

Impact of cooking methods on the nutritional value of the food cooked.

Batch cooking, freezing, thawing and reheating recap.

Fussy eating masterclass.

Microwave cooking; using a dishwasher and other specialist kitchen equipment.

Cooking that requires time, slow cooking, jelly, ice cream, sorbet, yogurt, meringues, etc.

Cooking with micro greens, nuts and seeds.

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

9. Assessment strategy, assessment methods, their relative weightings and mapping to module learning outcomes

Assessment rationale

When working, you will be expected to feed your charges well-balanced, appropriate meals, and to manage your time, be organised and keep the working space clean and tidy. It is important to plan and keep records to help you do this.

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	LO4
<p>002: Written assessment task and reflection</p> <p>Create a detailed five-day meal plan for both a seven-month-old baby and a three-year-old charge. Identify the nutritional balance of the meals that you are providing, and consider cooking methods and the preparation time. Explain the opportunities for batch cooking and using up any leftovers. Explain how you would record and document the food that children have been offered and eaten. Include recipes for a two-course meal from your meal plan. Reflect on and evaluate the trimester's cookery.</p> <p>Word count: 2,500 words with pictures; recipes are not included in the word count.</p>	50%	7	Pass/Merit/ Distinction	LO1, LO2, LO3, LO5

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
Wicks, J.	2021	<i>Joe's family food</i>	England	Bluebird
Oliver, J.	2021	<i>Together: memorable meals made easy</i>	London	Michael Joseph
Noaks, T., Proudfoot, J. and Surtees, B.	2016	<i>Super food for children</i>	London	Robinson

12. Other indicative text (e.g., websites)
Public Health England (no date) <i>Start for life</i> . Available at: Start for Life (www.nhs.uk) (Accessed: 14 May 2023).
British Nutrition Foundation (no date) <i>5532 portion sizes</i> . Available at: 5532 portion sizes - British Nutrition Foundation (Accessed: 14 May 2023).

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



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