

Module specification

1. Factual information			
Module title	F&N 2.1 Managing Family Cooking		
Module tutor	Penny Lukins and Jenny Tang	Level	Second year
Module type	Taught	Credit value	N/A
Mode of delivery	67% practical 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>The focus of this unit is to extend on cooking skills and planning well-balanced, nutritious and appealing family meals from previous units.</p> <p>In preparation for residential placements, this unit focuses on family meals, batch cooking, safe storage, freezing, thawing and reheating.</p> <p>Healthy lunches and picnic food will also be explored.</p> <p>Students will develop their cooking skills during the practical sessions with an extended variety of recipes.</p> <p>Each practical session is underpinned during the online lectures.</p>	

3. Aims of the module	
<p>In your role as a nanny, you will need to use your time wisely. Being able to cook nutritious balanced meals for all members of the family is essential, as is being able to make best use of your available time by batch cooking, freezing, thawing and reheating meals safely.</p> <p>Fun day trips with tasty picnics are often required with children, and this unit aims to give you lots of ideas for safely stored nutritious packed meals.</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

Practical cooking

Demonstration/videos

Online theory sessions

Discussion and questioning

Self-assessment and evaluation

Quizzes and questionnaires

7. Intended learning outcomes

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

1. Describe and explain a nutritionally balanced family meal suitable for batch cooking.
2. Discuss how to safely batch cook, store and reheat family meals.
3. Demonstrate correct cooking techniques in order to prepare nutritious meals for families.
4. Demonstrate safe and hygienic processes during preparation and cooking.
5. Consider how children can be involved in preparing their meals safely.
6. Reflect and evaluate on 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 – Cooking safely with chicken; introduction to the assessment task

Chicken fajitas, slaw, tomato salsa, guacamole

Week 2 – Processed food – considerations when using

Pasta salad, coronation chicken, spelt biscuits

Week 3 – Sugar in our diet, natural alternatives

Apricot or malt loaf, oat banana rusks

Week 4 – Cooking with fish safely

Fish or vegetable pie falafels, aubergine and asparagus

Week 5 – Salt in our diet; foods to avoid or limit with young children

Cheesy chicken breast in bacon, quinoa, muddy pears

Week 6 – Batch cooking; freezing and reheating safely
Toad in the hole, spicy red cabbage, onion gravy

Week 7 – Complementary feeding recap; cooking on residential placement
Sweet and sour dhal, rice, onion bhaji and tapioca pudding

Students will have the opportunity to develop and build on basic skills which have been mastered, as well as extending the repertoire of recipes they feel confident to cook.

Preparation will take place for residential placement and the skills required for cooking in a real-world situation. Students will explore how batch cooking and freezing meals can save time.

Lectures will include the benefit of involving charges when cooking and how to support children to be in a kitchen safely.

Continued emphasis is placed on timely, orderly, hygienic and tidy working during practical sessions.

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

Organisation is essential for an effective nanny. In this assessment, we need to see that you have thought about safely packing suitable nutritious food for an outing and using your batch cooking skills to manage your time when preparing family meals.

Assessment tasks	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, LO6
<p>002: Written assessment task and reflection</p> <p>Plan both a packed lunch for a four-year-old and a family meal that can be batch cooked. Include recipes and explain the safe storage of the packed lunch and freezing, thawing and reheating process for the meal that has been batch cooked.</p> <p>Consider how charges can be involved in the preparation of the meals and how this can be beneficial.</p> <p>Identify the nutritional values of the foods and the proportions offered with reference to nutritional guidance.</p> <p>Reflect and evaluate the trimester's cookery.</p> <p>2,000 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
Bell, A.	2019	<i>Fantastic eats!</i>	London	Quadrille Publishing Ltd.
Mulholland, S.	2020	<i>The batch lady</i>	England	HQ

12. Other indicative text (e.g., websites)

British Nutrition Foundation (no date) *5532 portion sizes*. 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



Document Control Information	
Policy Title:	F&N 2.1 module specification
Version number:	V3.0/RD/04-09-23
Owner:	Head of Learning, Teaching & Research
Approving Body:	Academic Board
Related Norland Documents:	N/A
Date of approval:	4 th September 2023
Date of effect:	As above
Frequency of review:	Annually
Date of next review:	August 2024