



Module specification

1. Factual information			
Module title	F&N 1.1 Introduction to Children’s Nutrition and Balanced Diets		
Module tutor	Penny Bullion-Peters	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	15 hours face to face 5 hours online		
2. Rationale for the module and its links with other modules			
<p>This module introduces the foundational knowledge of children’s nutrition, basic dietary needs, and food safety practices. Practical elements emphasise fundamental cooking skills and the preparation of simple, nutritious meals. Theory introduces the students to the basics of childcare nutrition, targeting early engagement with food safety, balanced diets, and child-friendly meal preparation and equips trainee nannies with essential skills to ensure children’s dietary needs are met safely and nutritiously, fostering a strong base for subsequent modules.</p>			
3. Aims of the module			
<p>Students will develop a comprehensive understanding of health and safety principles, food hygiene practices, and the importance of preventing foodborne hazards in meal preparation.</p> <p>To give students basic knowledge about the nutritional needs of children, with a focus on both macro and micronutrients and the understanding of how these contribute to healthy growth and development.</p> <p>Gain hands on experience and build confidence in preparing a variety of simple, nutritious meals that promote healthy eating habits among young children</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 Online food hygiene course Self-assessment and evaluation Quizzes and questionnaires			



7. Intended learning outcomes

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

Theory

1. Explain the principles of Health and Safety and Food Hygiene in meal preparation
2. Demonstrate awareness and understanding of common food allergies and strategies for managing them
3. Identify and explain the basic nutritional needs of children focussing on macro and micronutrients.
4. Describe meal choices in terms of nutritional value, safety and engagement.

Practical

1. Demonstrate safe use of kitchen equipment including knife skills.
2. Demonstrate hygienic processes and good food safety e.g. avoiding cross-contamination, safe temperatures
3. Demonstrate Prepare a variety of meals that encourage healthy eating

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)

- Theory: H&S and Food Hygiene/ Assessment details
Practical: Banana Pancakes, Breakfast smoothie
- Theory: Allergy Awareness
Practical: Flatbreads and Brunch style eggs, Soup and Cheese Scone
- Theory: Basic Nutrition – Macro/Micro for Children
Practical: Tuna Pasta Bake
- Theory: Basic Nutrition Role Modelling Assessment Recap
Practical: Breakfast bars, Sweetcorn and spinach fritters with yogurt and coriander dip, Hummus and crudites
- Theory: Balanced Diets for Children



Practical: Chicken goujons, carrot fries, green beans, homemade tomato sauce

- Theory: Selective Eating

Practical: Sweet potato, carrot and cauliflower mac and cheese, Ragu with creamy polenta

- Theory: Recap

Practical: Practical Assessment: Repeat Wk5 (Goujons, carrot fries, green beans and sauce)

9. Assessment

Assessment rationale

This assessment is designed to holistically evaluate competencies in planning, practical application, and theoretical understanding at a first-year level — The structure integrates three distinct but interrelated tasks: meal planning, practical cooking, and oral justification, each aimed at reinforcing both technical and reflective skills. This task mirrors a real-world scenario that the students may face on placement.

Assessment task

Weighting

Trimester submitted

Grading (pass/fail/%)

Module learning outcomes the assessment task maps to



<p>001: Practical skills, planning and knowledge assessment</p> <p>Students to create a nutritious meal plan for a breakfast, snack, drinks and a lunch (the practical dish) for a 3 year old including nutrition content and reasoning.</p> <p>Practical skills: during the final practical session students will cook a Chicken dish repeated from week 5. Student will be assessed on safe, accurate and hygienic processes and organisation.</p> <p>Theory: The students will discuss their dish orally (recorded via Mediasite) exploring the nutritional content, food safety, and where children can be involved. Questions for this section will be given to the student in advance to support foundation learning.</p> <p>The feedback from the above will be presented as evidence to Turnitin, alongside the meal plan, recipe, and picture of the finished dish.</p>	100%	T1	Pass/Refer/ Fail	T LO1, LO2, LO3, LO4 P LO1, LO2, LO3
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10. Teaching staff associated with the module
Name and contact details
Penny Bullion-Peters penny.bullion-peters@norland.ac.uk

11. Core reading list				
Author	Year	Title	Location	Publisher
More, J.	2021	Infant, Child and Adolescent Nutrition. A Practical Handbook 2 nd Ed.	GB	CRC Press
Sprenger, R	2022	Food Safety Handbook	GB	Highfield Products



12. Other indicative text (e.g., websites)
British Nutritional Foundation (no date) Nutrition for Babies. Available at: https://www.nutrition.org.uk/nutrition-for/baby/ (Accessed: 24 th February 2025)
British Nutritional Foundation (no date) Nutrition for Toddlers and Pre-school. Available at: https://www.nutrition.org.uk/nutrition-for/toddlers-and-pre-school/ (Accessed: 24 th February 2025)
British Nutritional Foundation (no date) Nutrition for Children. Available at: https://www.nutrition.org.uk/nutrition-for/children/ (Accessed: 24 th February 2025)
Public Health England (2016) <i>Eatwell guide</i> . Available at: https://campaignresources.phe.gov.uk/schools/resources/eatwell-guide (Accessed: 13 May 2023).

13. List of amendments since last (re)validation		
Area amended	Details	Date Central Quality informed
Section 1	Change in unit leader	18/03/2025
Section 2	Change to rationale of unit to explain taught content	18/03/2025
Section 3	Elaboration to aims of unit to better explain what the outcomes should be	18/03/2025
Section 7	Further detail provided around the intended learning outcomes for both theoretical & practical elements	18/03/2025
Section 8	Rewrote indicative content	18/03/2025



Section 9	Rewrote assessment rationale, adjusted weighting for unit mark to 100% practical, adjusted submission period to week 7 instead of week 6 and provided further detail on assessment.	18/03/2025
Section 10	Updated teaching staff associate with unit.	18/03/2025
Section 11	Changes made to core reading list	18/03/2025
Section 12	Change made to indicative text list	18/03/2025



Document Control Information	
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Version number:	V4.0/PBP/24-07-25
Owner:	Penny Bullion-Peters
Approving Body:	Programme & Module Modification Panel
Related Norland Documents:	N/A
Date of approval:	28 th February 2025
Date of effect:	As above
Frequency of review:	Annually
Date of next review:	February 2026