

Unit specification

1. Factual information			
Module title	F&N 1.2 Feeding Growth, Play and the Family		
Module tutor	Penny Bullion-Peters and Tori Eardley-Ford	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 7 hours online		

2. Rationale for the module and its links with other modules
<p>This module introduces students to the principles of seasonal family nutrition, sustainable cooking practices, and the safe preparation of meals that meet the needs of both children and adults. It supports students in understanding how nutrition contributes to growth, energy, and wellbeing during early childhood. The module provides a foundation in batch cooking, food storage, and safe reheating—practical skills essential for working in home-based environments. It also explores the social and developmental value of involving children in meal preparation, linking directly with early learning and play. The module connects closely with ND1.3 Let's Play, reinforcing the importance of everyday routines as opportunities for learning and development, and with NC4210: A Focus on Sustainable Practice, by encouraging students to engage with seasonal ingredients and reduce food waste. It is particularly relevant for those preparing to work as nannies or early years practitioners, giving them the confidence and competence to support healthy, practical, and sustainable family mealtimes.</p>

3. Aims of the module
<p>Develop students' understanding of winter nutrition and the role of food in supporting children's growth, wellbeing, and play.</p> <p>Introduce sustainable and seasonal cooking practices, encouraging ethical food choices and waste reduction.</p> <p>Build competence in batch cooking, food safety, storage, and reheating of family meals.</p> <p>Explore how children can be safely and meaningfully involved in meal preparation as part of holistic development.</p> <p>Strengthen practical cooking skills using staple and seasonal ingredients to prepare nutritious, age-appropriate meals for families.</p> <p>Support students in applying theory to real-world contexts, preparing them for professional roles in family-based or early years settings.</p>



4. Prerequisite modules or specified entry requirements
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None

5. Does the module permit compensation?
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No

6. Learning, teaching and assessment strategy for the module

Practical cooking Demonstration/videos Online theory sessions Discussion and questioning Online allergy awareness course Self-assessment and evaluation Quizzes and questionnaires
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7. Intended learning outcomes

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

Theory

1. Identify and explain winter nutrition
2. Discuss the benefits of seasonal and sustainable cooking.
3. Describe and explain how to safely batch cook, store and reheat a nutritionally balanced family meal
4. Describe how children can be involved in preparing their meals safely.

Practical

1. Demonstrate correct cooking techniques in order to prepare nutritious meals for families.
2. Demonstrate safe and hygienic processes during preparation and cooking.
3. Prepare nutritious meals utilising staples and seasonal ingredients.

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

- Nutrition re-cap – Colder months cooking for energy/ Assessment details
- Sustainability/Seasonal
- Active / Sporty children
- Batch Cooking/ Assessment
- Recap
- Batch cooking H&S
- Family Meals – Social/Cultural/ Holistic – Personal, Social, Health

- Recap
Theory Assessment: Plan a nutritious Winter Dinner for a family (2 adults, a 2 year old and a very active 5 year old). Justify your choices in terms of nutrition, food safety, seasonality and sustainability

Practical

- Porridge
Savoury veggie eggy bread
Rosti and poached egg
 - Banana, dark chocolate bread pudding. Seasonal use-it-up pie.
 - Peanut butter oatmeal energy balls, Homemade meatballs, spaghetti and hidden veg sauce,
 - Shepherds pie
Tuna fish cakes
 - Chilli, homemade tortillas, salsa
 - Risotto
Sausage and Butterbean Stew
- Session 7 Practical Assessment: Repeat Shepherd's Pie

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

9. Assessment

This module is assessed through a single integrated component that combines both theoretical planning and practical cooking skills, reflecting the real-world nature of family mealtimes and the professional responsibilities of early years practitioners. This approach ensures students can demonstrate not only their understanding of nutrition and sustainability but also their ability to apply this knowledge through safe, effective, and age-appropriate meal preparation.

Assessment task	Weighting	Trimester submitted	Grading (pass/fail/%)	Module learning outcomes the assessment task maps to
<p>Plan a nutritious Winter Dinner for a family (2 adults, a 2 year old and a very active 5 year old). Justify your choices in terms of nutrition, food safety, seasonality and sustainability.</p> <p>During the final practical session students will cook this dish providing their meal plan, recipe and a time plan for the session . Student will be assessed on safe, accurate and hygienic processes and organisation. The students will justify their dish orally (recorded via Mediasite) exploring the nutritional content, food safety, where children can be involved, how to record and document consumption.</p> <p>The feedback from the above will be presented as evidence to Turnitin, alongside the meal plan, recipe, time plan and picture of the finished dish.</p>	100%	T2	Pass/Refer/ Fail	LO1, LO2, LO3, LO4

10. Teaching staff associated with the module
Name and contact details
Penny Bullion-Peters Penny.Bullion-Peters@norland.ac.uk
Tori Eardley-Ford tori.eardley-ford@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
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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	Changed unit leader from Penny Lukins & Jenny Tang to Penny Bullion-Peters	20/03/2025
Section 10	Updated teaching staff information to include Penny Bullion-Peters	20/03/2025
Section 1	Changed name of unit.	24/07/2025
Section 7	Learning outcomes updated	24/07/2025
Section 9	Assessment rationale updated and written assessment removed.	24/07/2025



Document Control Information	
Policy Title:	F&N 1.2 unit specification
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:	7 th July 2025
Date of effect:	As above
Frequency of review:	Annually
Date of next review:	July 2026