

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: 70% face to face, 30% online teaching		
Notional learning hours	24 notional hours. Module contact hours include lectures and scheduled support sessions, and may include individual and group tutorials, support sessions, workshops and value-added curriculum activities such as external speakers and trips. Independent study: 3 hours.		

2. Rationale for the module and its links with other modules
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.

3. Aims of the module
Students will develop a comprehensive understanding of health and safety principles, food hygiene practices, and the importance of preventing foodborne hazards in meal preparation. 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. Gain hands on experience and build confidence in preparing a variety of simple, nutritious meals that promote healthy eating habits among young children

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
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7. Intended learning outcomes

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

Theory

1. Identify key health, safety and food hygiene practices used in meal preparation.
2. Identify common food allergens and strategies to avoid cross-contamination.
3. State the basic nutritional needs of young children, including macro and micronutrients.
4. Discuss opportunities for child involvement in food preparation

Practical

1. Demonstrate safe use of kitchen equipment including knife skills.
2. Demonstrate hygienic processes during food preparation.
3. Prepare a whole food meal 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: Introduction to basic cooking skills
- Theory: Allergy Awareness
Introduction to knife skills and cooking techniques to create a meal.
- Theory: Basic Nutrition/Balanced Diets - Macro/Micro for Children
Practical: Savoury Baking

- Theory: Basic Nutrition Role Modelling Assessment Recap
Practical: Snack and Quick Dishes
- Theory: Food Hygiene Assessment
Multiskilled Exams Dish
- Theory: Selective Eating
Practical: Multiskilled complete meal
- Theory: Recap
Practical: Practical Assessment Dish

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

001: Practical skills, planning and knowledge assessment Students will create a single page, one-day meal plan. The meal plan should include breakfast, snack, drinks and mid-day meal (including the practical dish as the evening meal) suitable for a 3-year-old child. Students should identify key macro and micronutrients and outlining why the meals are suitable for a young child. (Theory LO3,) Practical Session During the final practical session, students will prepare a repeat dish and will be assessed on safe use of equipment, hygienic food preparation practices and organisation skills. Students must submit a photo of the completed dish, practical rubric and Food Hygiene certificate as evidence. (Practical LO1, Practical LO2, Practical LO3;) Discussion Students will participate in a recorded professional discussion using pre-issued oral questions to demonstrate understanding of food safety practices, allergen awareness and opportunities for age-appropriate child involvement in food preparation. (Theory LO1, Theory LO2, Theory LO4) The feedback from the above will be presented as evidence to Turnitin, alongside the meal plan and picture of the finished dish.	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

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
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: 24th 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: 24th February 2025)

British Nutritional Foundation (no date) Nutrition for Children. Available at: <https://www.nutrition.org.uk/nutrition-for/children/> (Accessed: 24th February 2025)

Public Health England (2016) *Eatwell guide*. 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
Section 1	Notional hours changed from 50 to 24	03/07/2026
Section 7	Learning outcomes reworded to ensure clarity.	03/07/2026

Document Control Information	
Policy Title:	F&N 1.1 unit specification
Version number:	V5.0/PBP/03-07-26
Owner:	Penny Bullion-Peters
Approving Body:	Programme & Module Modification Panel
Related Norland Documents:	N/A
Date of approval:	3 rd July 2026
Date of effect:	As above
Frequency of review:	Annually
Date of next review:	July 2027