

Module specification

1. Factual information			
Module title	F&N 1.2 Feeding Growth, Play and the Family		
Module tutor	Tori Eardley-Ford	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 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.

3. Aims of the module
Develop students' understanding of winter nutrition and the role of food in supporting children's growth, wellbeing, and play. Introduce sustainable and seasonal cooking practices, encouraging ethical food choices and waste reduction. Build competence in batch cooking, food safety, storage, and reheating of family meals.

Explore how children can be safely and meaningfully involved in meal preparation as part of holistic development.

Strengthen practical cooking skills using staple and seasonal ingredients to prepare nutritious, age-appropriate meals for families.

Support students in applying theory to real-world contexts, preparing them for professional roles in family-based or early years settings.

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 allergy awareness 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. Illustrate key features of winter nutrition.
2. Examine seasonal and sustainable food choices
3. Discuss safe batch cooking, storage and reheating practices.
4. Plan safe opportunities for children to participate in seasonal food activities.

Practical

1. Demonstrate safe use of kitchen equipment and cooking techniques.
2. Demonstrate hygienic processes during food preparation and cooking.
3. Prepare a seasonal meal suitable for a family

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

Practical

- Breakfast based meals to including brunch eggs
- Using seasonal and staple ingredients including seasonal use-it-up pie.
- Using seasonal and staple ingredients
- Using seasonal and staple ingredients
- One pot cooking
- 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
-----------------	-----------	---------------------	-----------------------	--



NORLAND
UNIVERSITY
OF EARLY CHILDHOOD

Activity Plan

Students will create a seasonal cooking activity plan including a recipe, designed to teach a 5-year-old child about winter nutrition and seasonal food choices. The plan must show how the activity will develop children's understanding of where food comes from and how seasonal ingredients are used in cooking.

The plan should include:

- activity aims linked to food lit, including how children will learn about seasonal foods during the activity, and STEM learning where appropriate
- recipe using seasonal and sustainable ingredients,
- equipment,
- opportunities for safe child participation in cooking,

(Theory LO2, Theory LO4)

Practical Session

During the final practical session, students will prepare a seasonal family meal and will be assessed on safe use of equipment, hygienic food preparation practices, organisation skills, and application of cooking techniques. Students must submit a photo of the completed dish and completed practical rubric as evidence.

(Practical LO1, Practical LO2, Practical LO3)

Professional Discussion

TLO2, TLO4

100%

T2

Pass/Refer/
Fail

PLO1 PLO2 PLO3

Students will participate in a recorded professional discussion using pre-issued oral questions to demonstrate understanding of: - winter nutrition, - safe batch cooking, storage and reheating practices, (Theory LO1, Theory LO3) The feedback from the above will be presented as evidence to Turnitin alongside coversheet, the activity plan and picture of the finished dish.				TLO1, TLO3
--	--	--	--	------------

10. Teaching staff associated with the module
Name and contact details
Tori Eardley-Ford tori.eardley-ford@norland.ac.uk
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

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
Section 1	Updated teaching staff information to include Tori Eardley-Ford. Changed notional hours from 50 to 24.	03/07/2026
Section 7	Learning outcomes clarified	03/07/2026

Document Control Information	
Policy Title:	F&N 1.2 unit specification
Version number:	V5.0/TEF/03-07-26
Owner:	Tori Eardley-Ford
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