

1. Factual information

Module title	F&N 3.1 NQN Preparation		
Module tutor	Tori Eardley-Ford	Level	Third year
Module type	Taught	Credit value	N/A
Mode of delivery	67% face to face, 33% online teaching		
Notional learning hours	21 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 prepares learners for the Newly Qualified Nanny (NQN) role with an emphasis on family meal planning and special dietary considerations. It aims to bridge foundational knowledge with advanced skills, focusing on practical challenges like efficient meal prep for families, outings, and creating cohesive nutritional weekly meal plans. Equipping nannies with the confidence and expertise to independently manage household meal planning, an integral part of the NQN role. At this level it aims to challenge learners to synthesize knowledge into real-life nannying tasks, emphasising independence, creativity, and comprehensive planning. Each practical session is underpinned during the online lectures. This new module design links with NC5201: Working Professionally with Parents and Carers, and with ND: NQN Year.

3. Aims of the module

Enhance understanding of the core principles of nutrition, health and safety, and food hygiene, with an emphasis on their application in family meal planning and cooking and considerations needed for special dietary requirements.

Provide strategies for involving children in meal preparation safely. Reinforce safe practices and builds confidence in managing family dynamics

Practical skill progression to meet the real-world challenges of creating cohesive weekly meal plans while considering the constraints and demands of family cooking.

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:

Theory

1. Discuss specific food safety considerations when preparing food for outings and lunch boxes.
2. Create a meal plan that demonstrate balanced nutrition across the week
3. State budget considerations when planning meals for families.
4. Discuss strategies for managing meal preparation alongside family responsibilities.

Practical

1. Demonstrate safe, hygienic processes during preparation and cooking of meals for families.
2. Prepare a family meal with multiple elements using provided 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 Recap/ Homemade lunch box ideas/outings and travel/ Assessment details
- Theory: One Pot meals
- Theory: Family Favourites – Cultural differences
- Theory: Family Favourites – Alternative Provision/ Assessment Recap
- Theory: Shellfish/Seafood Nutrition for Children
- Theory: Roast dinner
- Theory: Recap

- Practical: Practical Assessment: Basic ingredient list given in advance – to come up with and cook a dish for a family dinner.

- Lunch box-style meals and savoury portable foods
- Practical: Pasta and grain-based family meals with vegetable sauces and baked components.
- Practical: Family-style comfort meals
- Dietary-adapted family meals
- Fish-based family meals
- Traditional roast-style family meals

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

This assessment is designed to holistically evaluate competencies in planning, practical application, and theoretical understanding at a final year level—critical components for effective professional practice. 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 will face during their NQN year.

Assessment task	Weighting	Trimester submitted	Grading (pass/fail/%)	Module learning outcomes the assessment

				task maps to
Meal Plan Students will create a one-week meal plan for a family (2 year old, 5 year old and two adults) using a range of affordable ingredients. Students should demonstrate how their meal plan supports a balanced diet across the week and how ingredients are used efficiently to support budgeting and reduce food waste. (<i>Theory LO2, Theory LO3</i>) Practical Session During the final practical session, students will prepare a family meal with multiple components using ingredients provided. Students will be assessed on safe and hygienic food preparation practices, organisation skills, and the successful preparation of the completed meal. Students must submit a photo of the completed dish and completed practical rubric as evidence. (<i>Practical LO1, Practical LO2</i>) Professional Discussion Students will participate in a recorded professional discussion to demonstrate understanding of food safety considerations when preparing food for outings and lunch boxes, and strategies for managing meal preparation alongside family responsibilities. (<i>Theory LO1, Theory LO4</i>)	100%	T1	Pass/Refer/ Fail	TLO1, TLO2, TLO3, TLO4, PLO1, LO2,

The feedback from the above will be presented as evidence to Turnitin, alongside coversheet, the meal plan, and picture of the finished dish.				
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10. Teaching staff associated with the module
Name and contact details
Penny Bullion-Peters penny.bullion-peters@norland.ac.uk
Victoria Eardley-Ford victoria.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
Colton, A	2025	How to talk to Children about Food.	GB	Bonnier
	2024	<i>Meaningful Mealtimes: Practical Strategies for All Young Eaters</i>	GB	Brookes Publishing Company

Veverka, Y. Ramage, S. Baker, C. Milne, K. Dupont, E.				
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12. Other indicative text (e.g., websites)

Public Health England (no date) *Start for life*. Available at: [Start for Life \(www.nhs.uk\)](http://www.nhs.uk) (Accessed: 14 May 2023).

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

13. List of amendments since last (re)validation

Area amended	Details	Date Central Quality informed
Section 1	Minor changes made to unit title & unit leader	18/03/2025
Section 2	Changes made to rational for unit	18/03/2025
Section 3	Changes made to aims for the unit	18/03/2025
Section 7	Minor alterations made to the intended learning outcomes for the unit	18/03/2025
Section 8	Changes made to 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 associated 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 clarified	03/07/2026
Section 7	Learning outcomes matched to theory & practice, additional learning outcome added (Theory LO4)	03/07/2026
Section 9	Assessment rationale clarified	03/07/2026

Document Control Information	
Policy Title:	F&N 3.1 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