

RSPH Level 4 Certificate in Nutrition for Institutional Food Services

Unit NUT 4.2c: Nutrition for Institutional Food Services (Custodial Services)
(Reference No. R/504/4264)

Marking Guidelines

CUSTODIAL SERVICES

You have been newly appointed Catering manger at a prison. The prison is a Category C prison and currently holds 400 male prisoners. The men are aged between 19-78 years.

Among the prisoners are 40 Muslims, 20 vegans, 10 men with type 2 diabetes and 2 men with coeliac disease.

You have a well equipped kitchen. Food is delivered on a daily basis. The canteen operates a pre-select menu.

A number of the men like to train in the gym and are always asking for extra protein as they believe this will help their fitness.

Task One

Outline, with reasons and reference to dietary reference values, the likely nutritional requirements for the main body of the prisoners.

Outline any different requirements, with an explanation for these, for the prisoners who are:

- **Muslims**
- **Vegans**
- **Diabetic**
- **Coeliacs**

Nutrient requirements should include carbohydrates, proteins and fat as well as energy. Reference to DRVs must be included. Key micro-nutrients should also be covered to include key minerals and vitamins for this group. Reasons should take into account activity levels, ages and special requirements due to religion, health considerations and dietary preferences

Task Two

Plan a day's menu with a minimum of 3 choices per meal that is appropriate for prisoners. The menu should cater for the Muslims and vegans and there should also be options for the prisoners with type 2 diabetes and coeliac disease and for those who have difficulty chewing food.

The menu should consist of the following meals plus beverages:

- **Breakfast served the previous evening as a pack**
- **Lunch served 12-1.30pm**
- **Dinner served 6pm**

Explain how these menus meet the nutritional principles of the custodial sector.

Should be able to cross-reference foods in diet to nutrient requirements in terms of protein, carbohydrates, fats, minerals, vitamins and energy needs. Consideration should be given to portion sizes, texture, cultural issues and special diets.

Justification of menus with reference to sector nutritional principle.

The kitchen is well equipped with combination ovens, deep fat fryer, hobs, hot plates and industrial microwave ovens.

Two shifts of 10 prisoners work in the kitchen to prepare and cook the meals detailed above as well as putting them on trolleys ready for service. The prisoners consider the work in the kitchen as a prime job in the prison.

The prisoners are fully supervised by trained chefs and custodial staff.

Task Three

Outline any standards on nutrition for prisoners, which must be met. Include in this any standards as regards special diets and meal choices.

Appropriate reference to requirements and standards for the sector required eg

- *5 a day information*
- *PSO 5000 on prison food*
- *eatwell plate*
- *advice on gluten free diets*

Task four

An area catering manager has the overall responsibility for the above. Explain how the manager would check if the standards for the food service are being met.

*Reference to discussion of requirements with governors plus medical staff.
Comparison of requirements with menus, observation of catering operation, service plus examination of prison food assessments.*

The chefs who work in the kitchen basically fall into two groups.

Group one—prisoners who have worked in the kitchen for a number of months including some who have previously worked in the prison kitchen during previous prison terms. Most see a prison sentence as a way of life. This group is trained in kitchen skills but is somewhat reluctant to vary items. They like to cook the same thing regularly. They have little understanding of nutrition or dietary variations. They like to ensure that the prisoners get plenty of food.

Group two—prisoners who are on their first sentence in prison. They tend to be younger than the group one prisoners. Most have come from dysfunctional families who never cooked and ate well balanced meals and meals tended to be bought from local “chip shops” and “take aways”. All do not like to be in prison and see that the work in the kitchen is a way to a new career. They are keen to learn new skills and try new dishes. All have completed a level 2 in food safety. Due to their work in the kitchen they can be bullied by other prisoners who want them to steal various food items especially proteins.

Task five

With reference to the details of the chefs, determine what training is required for these staff members in order for them to assist with the provision of meals that meet nutritional principles and prison service requirements.

Suggestions for training relevant to the knowledge and experience of the prisoners who work in the kitchen, learners must justify decisions regarding training requirements by reference to information given.

Task Six

Plan a one-day training course for these prisoners, you should include:

- **details of course content**
- **information sources that you would use**
- **details of how you would check the effectiveness of the training.**

Details of course content should include timings, aims and objectives plus course content. Extra consideration should be given to those who produce information or presentations

Information sources—should include well known and useful sources

Details of how you would check the effectiveness of the training by use of an audit, recipe development, satisfaction surveys or any other valid method

When carrying out this assignment, candidates should ensure they refer to the learning outcomes, assessment criteria and content contained in the qualification specification.

Coverage of Learning Outcome and Assessment Criteria

The table below shows how the assignment provides candidates with opportunities to provide evidence for each of the assessment criteria for this unit. This list is not exhaustive; candidates may provide evidence for meeting the assessment criteria from other parts of their completed assignment.

Assessment Criterion	Possible Evidence
1.1 Outline the varying nutritional requirements of individuals using catering services operated by custodial establishments	Task 1
1.2 Explain the nutritional principles to be used in menu design by catering services operating in custodial establishments	Task 2
1.3 Design menus appropriate to the catering service operated by custodial establishments	Task 2
2.1 Outline the legislative requirements and/or guidelines in relation to nutrition and hydration for custodial establishments	Task 3
2.2 Explain methods by which the legislative requirements and/or guidelines may be met	Task 4
3.1 Explain how the current levels of staff knowledge and expertise may be assessed	Task 5
3.2 Develop a training course appropriate to the needs of staff	Task 6
3.3 Review the effectiveness of the staff training	Task 6