

RSPH Level 4 Certificate in Nutrition for Institutional Food Services

Unit NUT 4.2e: Nutrition for Institutional Food Services (Armed Forces) (Reference No. D/504/4266)

Marking Guidelines

Armed forces

You have been newly appointed as a Sergeant in the army catering corps of the Armed forces

Your first posting is in South Georgia (a cold region) and you are to cater for 100 men at a base there.

The men are all on active service. They are all in the age group 19-28 years.

Among the group are 20 Muslims.

Every week 10 of the group are required to perform exercises away from the base which involves extensive exercise carrying heavy packs and overnight stays away from the base. For these exercises they receive relevant rations, which are provided as packs.

Food is a key part of the men's day and important for keeping up morale. You have a well-equipped kitchen. Supplies are brought to you by plane-drop once a week. Occasionally the plane is delayed due to bad weather, which means that menus need to be carefully planned. Items like fresh vegetables, salad and eggs are difficult to obtain. Frozen and canned vegetables are available as is pasteurised or dried egg.

The men have a well-equipped gym and like to train as well as go running.

Task One

Outline, with reasons and reference to dietary reference values, the likely nutritional requirements for each of:

- **The men at the base**
- **The men when undertaking the exercises away from the base**

Nutrient requirements should include carbohydrates, proteins and fat as well as energy and fluid. Reference to DRVs must be included. Key micro-nutrients should also be covered to include key minerals and vitamins for this group. Tables or histograms can be used. Reasons should take into account activity levels, ages and temperature.

Task Two

Plan a day's menu with three choices per meal that is appropriate for men at the base. The menu should include Muslim options as well as beverages and consist of the following meals:

- **Breakfast served 6.30-7am**
- **Lunch served 12-1.30pm**
- **Dinner served 6pm –7pm**

All day: snacks and beverages available for the men to select from on return from duties. NB Although alcohol is not banned it is restricted to approximately two units per man per day and is allowed in the evenings only.

Explain how the meals will meet both the nutritional and quality requirements of the men.

As there is a fairly limited budget the meals need to be relatively inexpensive but appealing.

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

Justification of menus to sector nutritional principles

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

Two shifts of three chefs work in the kitchen to prepare and cook the meals detailed above as well as serving them. As they are armed service personnel the chefs are also required to do regular training.

Service of meals is by the chefs and these can take quite a bit of banter and complaints from the men if the meals are not considered satisfactory. The men soon make their feelings known if food is unpalatable or a dish disliked.

Task Three

Outline any standards on nutrition for the armed services, which must be met. Include in this any standards related to ration packs and cold conditions.

Appropriate reference to requirements and standards from the sector required eg

- *5 a day information*
- *Ministry of defence catering information*
- *eatwell plate*
- *rations packs*
- *personal nutrition information for personnel from MOD*

Task four

An officer in charge has the overall responsibility for the above. Explain how the officer would check if the standards for the food service are being met.

*Reference to discussion of requirements with catering sergeant plus medical staff.
Comparison of requirements with menus, observation of catering operation, service plus discussions with men.*

Details of two of the chefs are shown below.

Fred used to be a cordon bleu chef and his parents run a well-regarded restaurant. He is fairly new to the armed forces but is a very talented chef. He loves to experiment with food and likes to decorate dishes and serve foods in stacks artistically placed as occurs in his parent's restaurant. He is always trying to cook fish that has been locally caught, seaweed and game including deer that has been shot locally. He is very interested in nutrition especially sports nutrition as he is a keen body builder.

John has been a chef in the forces for some time he believes people need filling up and items like pie and chips and sausage and chips are what the men want to fill up on. He has no time for fancy food and anything to do with nutrition. He feels that plenty of fat in the diet is the key to "keep the men warm" while they are outside. He is not sure what a Muslim diet requires except they do not eat bacon --but feels it is not a problem as the men can be given more scrambled eggs and sausages and does not understand why some of the Muslim men are irritated by the food especially the breakfast and some dinners.

Task five

With reference to the information above, 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 legislative requirements.

Suggestions for training relevant to the knowledge and experience of the chefs, learners must justify decisions regarding training requirements by reference to information givens.

Task Six

Plan a one-day training course for these chefs, 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 covering basic requirements for nutrition should include timings, aims and objectives. Details of how you would check the effectiveness of training by use of an audit, recipe developments or satisfaction surveys or other methods is required.

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 the armed forces.	Task 1
1.2 Explain the nutritional principles to be used in menu design by catering services operating in the armed forces.	Task 2
1.3 Design menus appropriate to the catering service operated by the armed forces	Task 2
2.1 Outline the legislative requirements and/or guidelines in relation to nutrition and hydration for the armed forces	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