

RSPH Level 4 Certificate in Nutrition for Institutional Food Services

Unit NUT 4.2b: Nutrition for Institutional Food Services (Educational Establishments) (Reference No. Y/504/4263)

Assignment

PRIMARY SCHOOL

You have been newly appointed as head cook for a school.

The school is in an impoverished area and 70% of the children are in receipt of free school meals. There are 120 children of primary school age. There is a wide range of different cultural requirements with a number of children requiring a vegan diet.

Besides lunch the school serves breakfast at a breakfast club, a mid-morning snack and an after school club snack.

Additionally there is a nursery, which takes 16 children from 6 months to school age. This is open from 8am – 6pm.

Task One

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

- **the primary school children**
- **the nursery school children**

Task Two

Plan a day's menu with two choices per meal that is appropriate for the primary school plus the nursery. The menu should include vegan options as well as beverages and consist of the following meals:

- **Breakfast club 8am –9am**
- **Midmorning break 10-11am**
- **Lunch served 12-1.30pm**
- **Mid-afternoon snack 3pm for nursery only**
- **After school club snack 5-5.30pm (nursery snack similar time)**

The kitchen in the school is well equipped with a brand new combination oven, conventional gas oven, grill, hobs, hot plates and microwave ovens. There is a hot trolley for taking food from the kitchen to the nursery.

Four staff (one a cook and 3 assistants) work in the kitchen to prepare and cook the meals detailed above.

Service of lunch time meals in the school is by the catering staff. Lunches are taken to the nursery in the trolley where they are served by nursery staff.

The midmorning snack is prepared and sold by the catering staff –due to costs there is a low uptake.

Volunteers serve the breakfasts and after school club snacks in the school but catering staff order the food and prepare it as much as possible. The volunteers are only trained to use a toaster, hot plate and microwave.

Nursery nurses serve the breakfasts and dinners in the nurseries but catering staff order the food and prepare it as much as possible.

Task Three

Outline any legislative requirements and guidelines relating to nutrition and hydration for the education sector.

Task Four

The school meals service for the local education authority employs a regional manager with responsibility for the school meals in their area. Explain how the manager could check that the catering service at this school meets the legislative requirements and guidelines relevant to the sector.

Details of two members of the catering staff are shown below.

Bert used to be a chef in the army and feels children need to eat to perform well. He believes they need lots of food to grow well and remembers what he fed the troops in the Falklands.

Jane has worked in school meals for 20 years and remembers cooking turkey twizzlers and feels the children loved these. She cannot understand what all the fuss about school food is about.

Bert and Jane were both given a short questionnaire on nutrition, which revealed that Bert knew that food was important for energy to keep people going –after all an army fights on its stomach and children learn on theirs.

Jane was not aware about any aspect of nutrition except that kids like anything that is fried or sweet and as long as they eat it is the most important thing.

Task Five

With reference to the CVs and questionnaires, 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.

Task Six

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

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

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