

UV21117

Healthier food and special diets

The aim of this unit is to develop your knowledge and understanding of the nutrients required for a healthy diet and of the relevant government guidelines. You will investigate the measures that you can take in the kitchen to ensure that the food you produce is of a healthy standard.

You will learn how to meet the needs of customers who have special diets. This will help you to satisfy your customers and increase business.

Level

2

Credit value

1

GLH

7

Observation(s)

0

External paper(s)

0



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Learning outcomes

On completion of this unit you will:

1. Understand the principle of balanced diets
2. Understand how to plan and provide special diets

Evidence requirements

1. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
2. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes and cover ranges in this unit. All outcomes must be achieved.
3. *External paper*
There is no external paper requirement for this unit.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

**This is not an exhaustive list.*

Knowledge



Learning outcome 1

Understand the principle of balanced diets

You can:	Portfolio reference
a. Outline current government nutritional guidelines for a healthy diet	
b. State the sources of essential nutrients	
c. Describe the impact of diet on health	
d. Describe catering practices that help maintain the nutritional value of food	



Learning outcome 2

Understand how to plan and provide special diets

You can:	Portfolio reference
a. Outline the main features of special diets	
b. Describe the impact of special diets on health	
c. Describe catering practices to be considered when planning and providing meals for those on special diets	

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Understand the principle of balanced diets

Current government guidelines: Plenty of starchy foods, five portions of fruit and vegetables daily (or current guidelines), moderate amounts of protein (meat, fish or alternatives), moderate amounts of dairy produce, avoid high fat and high sugar foods.

Sources of nutrients: Carbohydrates (rice, bread, pasta, potatoes), protein (fish, meat, eggs, tofu, nuts, seeds), fat (oils, butter, cheese), minerals (fruit, vegetables, meat, fish), vitamins (fruit, vegetables, milk, fish), fibre (fruit, vegetables, brown bread and pasta).

Impact of poor diet on health: Obesity, heart disease, stroke, cancers, diabetes.

Positive impact of diet on health: Mental and physical fitness, increased energy, healthier looking skin, low Body Mass Index (BMI), lower cholesterol, reduce the risk of heart disease and obesity.

Catering practices: Removing fat before cooking, using healthy cooking methods (steaming, boiling, grilling), do not overcook vegetables, reduce meat content and increase vegetable/pasta content in dishes, use low fat alternatives (skimmed milk, low fat yoghurt, low-fat cheeses).

Outcome 2: Understand how to plan and provide special diets

Features of special diets: Vegetarian (vegan, pescatarian, lacto, ovo), diabetic, allergies, religious dietary needs (Kosher, Halal, Hindu).

Impact of special diets on health: Sufficient nutrients (protein for vegetarians), medical advice (restrict amounts of various foods).

Catering practices: Wash hands between handling special diet commodities, ensure clean equipment is used, understand the ingredients of bought-in foods.

Notes

Use this area for notes and diagrams


