

UNIT 145 (LEVEL 1 UNIT, 4 CREDITS)

PREPARE MEALS TO MEET RELEVANT NUTRITIONAL STANDARDS SET FOR SCHOOL MEALS

This unit is about producing dishes which meet the relevant nutritional standards and specifications set for school meals services. The skills described highlight the need to be aware of the requirements needed to meet the relevant nutritional standards.

This unit has two learning outcomes:

1. Be able to prepare meals to meet relevant nutritional standards set for school meals
2. Understand how to prepare meals to meet relevant nutritional standards set for school meals.

UNIT 145 (1PR26)

PREPARE MEALS TO MEET RELEVANT NUTRITIONAL STANDARDS SET FOR SCHOOL MEALS

Evidence

This space is to record your evidence for this unit. The criteria that you should be able to record are within the learning outcomes.

No	Method	Summary of evidence, or portfolio reference	Assessor initials
1			
2			
3			
4			

Photocopy if required

*Assessment method key: **O** Observation; **PD** Professional discussion; **Q** Questioning; **WP** Work product; **WT** Witness testimony; **Oth** Other

What you must do

(OUTCOME 1)

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

Circled numbers
must be observed

	1	2	3	4
1 Liaise with colleagues and clients to identify the relevant nutritional standards and requirements	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
2 Prepare menu items to fulfil nutritional and organisational standards	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
3 Cook menu items to fulfil nutritional and organisational standards	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
4 Work in a manner that maximises the nutritional value of the food	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
5 Ensure that the preparation and cooking areas and equipment are safe, hygienic, ready for use and free from contaminating substances	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
6 Finish dish to required quality standards	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
7 Present dish to required quality standards	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
8 Report any problems with meeting the nutritional standards to the appropriate person	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
9 Conduct work in line with relevant workplace procedures and current legal and regulatory requirements relating to safe and hygienic practices.	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>

What you must know

(OUTCOME 2)

Evidence for this section can be collected in a variety of ways. Your assessor will discuss with you how to collect and record this information.

To understand how to prepare meals to meet relevant nutritional standards set for school meals you need to:

- K1** Describe the relevant nutritional standards used within school meals context
- K2** State the main nutrient groups
- K3** Describe what quantity of nutrients are typically needed to maintain a good dietary balance
- K4** Describe what food preparation and cooking methods can affect the nutritional content of foods
- K5** State the importance of knowing calorific values per portion
- K6** Describe what quantity of nutrients are typically needed to maintain a good dietary balance
- K7** Describe the range of different special dietary requirements that may be encountered and the impact that they have upon the production of food
- K8** Describe the differences between dietary, religious and cultural requirements
- K9** State the consequences of not providing food that meets nutritional requirements
- K10** State where to obtain information on different dietary requirements
- K11** Describe what safe working practices should be followed when preparing and cooking dishes to meet special dietary requirements.

