FoodWise

Short Course student book

ASDAN

Name:
Centre:
Tutor:

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Contents

Sample

Introduction

Welcome to the FoodWise Short Course

This Short Course accredits up to 60 hours of your FoodWise activities. It provides opportunities for you to develop food knowledge and cooking skills and use them effectively.

We hope you enjoy choosing and completing the challenges and, as a result, become more confident in your knowledge of food-related issues.

Course aims

The FoodWise Short Course will enable you to:
- learn what is meant by healthy eating and wellbeing
- learn and demonstrate the skills and techniques needed to cook
- gain an understanding of the importance of sustainability and cooking on a budget
- learn about aspects of the food industry and how it operates

### Healthy living, mental health and wellbeing

FoodWise activities promote a healthier lifestyle and can have a positive impact on your mental health and wellbeing.
- Concentrating on a cooking or food preparation task helps you to focus and gives your mind a break
- A healthy diet can have a positive impact on your mood and mental health
- Cooking is a good way to spend time away from screens and technology
- Cooking for others gives you a sense of responsibility, which can boost your confidence

What do I need to do?

1 **Carry out your chosen challenge, collecting evidence as you do it**

File your evidence in your portfolio; see page 4 for more information about what can be used as evidence.
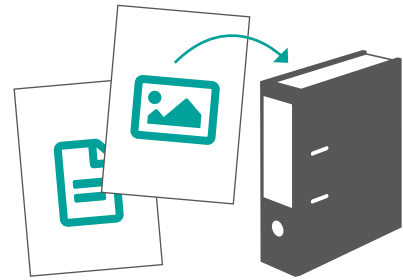
2 **Complete the boxes next to the challenge**

The skills tick boxes show the skills you have used during the challenge; see page 7 for more information about these skills.

The sign off boxes show where your evidence can be found, who has verified this and the date.

✔ Skills I used:	✏ Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☑ IT skills	
☐ Literacy	Date
☐ Numeracy	

**4** **Complete the relevant skills sheet if the challenge is being used for a skills sheet**

See page 3 for information about skills sheets.

ⓘ Your tutor will provide you with these documents.
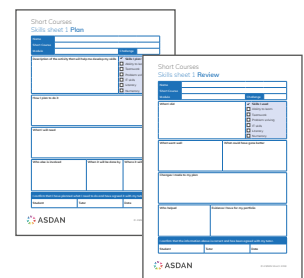
**5** **Fill in your completed challenge on the record of progress**

Use the record of progress (page 5) to keep a careful record of the challenges you have completed and the credits you have gained.
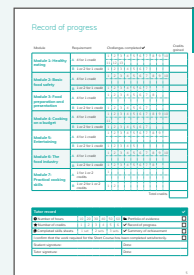
6 **Complete your summary of achievement and personal statement**

At the end of your Short Course, use these documents to review your experience; see page 4 for more information about these documents.

ⓘ Your tutor will provide you with these documents.
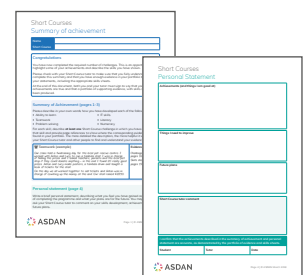
At the end of your Short Course, your tutor will check your work and complete the tutor record on page 5. If you have met the requirements, your tutor will request your certificate from ASDAN.

Developing your skills

Core skills

FoodWise activities provide an excellent opportunity to develop the following core skills:

⚙ Ability to learn

This skill is about how you manage your personal learning and development. It is about planning and working towards targets to improve your performance and reviewing your progress.

👥 Teamwork

This skill is about how you work with others when planning and carrying out activities to get things done and achieving shared objectives. This will involve working with a group of people.

🧗 Problem solving

This skill is about recognising problems and doing something about them. It is about using different methods to find a solution and checking to see if they work.

🖥 IT skills

This skill is about being able to make the best use of computers and other items such as printers, scanners and digital cameras. Being familiar with how to use this equipment is vitally important in the workplace and at home.

💬 Literacy

This skill is not only about how you talk to people but also about the ways you find out information and let other people know about your views and opinions. It also includes all aspects of writing and reading.

🔢 Numeracy

This skill is about your ability to use numbers. If, for example, you've measured or calculated something you will have used numeracy skills. Being able to use numbers is a skill highly valued by employers.

✔ **Recording core skills development**

Next to each challenge is a set of tick boxes where you can record the skills you have used and developed during the activity.

FoodWise skills

In addition to the six core skills above, the challenges in the FoodWise Short Course will enable you to develop the following skills:

- food preparation
- personal wellbeing
- self-management
- responsibility
- creativity

The FoodWise skills that you will develop are listed underneath each challenge, for example:

FoodWise skills: Food preparation | Responsibility | Creativity

Module 1
Healthy eating

The aim of this module is to develop your understanding of healthy eating and how this benefits the body. The module includes opportunities to make healthy meals as well as researching food groups and nutrition.

Module 1
Healthy eating

Section A: Complete FOUR challenges over 10 hours for 1 credit

1   Identify the importance of the following food groups and their benefits to the body; give **five** examples of foods in each group:
- proteins
- fats
- carbohydrates

Create a group display to illustrate food groups, showing how much we need of each and how they benefit the body. Include recipes or dishes that contain these food groups.

FoodWise skills: Personal wellbeing | Responsibility

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2   Identify the importance of the following nutrients and their benefits to the body and give examples of foods where each can be found:
- vitamins A, B, C and D
- calcium
- iron
- sodium
- dietary fibre
- water

Create a group display to illustrate nutrients, showing how much we need of each and how they benefit the body. Include recipes or dishes that contain these nutrients.

FoodWise skills: Personal wellbeing | Responsibility

✔ Skills I used:	🖊 Sign off:
☐ Ability to learn	Evidence ref
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Module 3
Food preparation and presentation

The aim of this module is to develop your understanding of the preparation of different foods. The module includes opportunities to learn about different kitchen skills as well as demonstrating them.

Module 3
Food preparation and presentation

Section B: Complete ONE or TWO challenges over 10 hours for 1 credit

1   Plan a two-course meal for a special occasion. Look at different ways of presenting the meal, create **three** different designs and then choose the one that looks the most attractive and state why.

Cook your meal and ask for feedback on the presentation. Take a photograph of your finished meal.

FoodWise skills: Food preparation | Responsibility | Self-management | Creativity

✔ Skills I used:	✏ Sign off:
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2   Using the internet, research cooking gadgets that save time in food preparation. Use several gadgets to prepare the same dish, comparing the time taken and the cost of the gadget.

Evaluate your results and decide if the gadgets offer value for money.

FoodWise skills: Self-management | Responsibility | Food preparation

✔ Skills I used:	✏ Sign off:
☐ Ability to learn	Evidence ref
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3   Design the perfect food preparation area to work in. You have an unlimited budget and can include the latest innovations and ideas. Produce a plan of your area and state the benefits of your design.

FoodWise skills: Creativity

✔ Skills I used:	✏ Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
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4   Invite a professional chef to give a masterclass to your group on one aspect of food preparation. Write a report about the experience and what you have learnt.

FoodWise skills: Food preparation

✔ Skills I used:	✏ Sign off:
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☐ Teamwork	
☐ Problem solving	Verified by
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Module 6
The food industry

The aim of this module is to develop your understanding of how the food industry works and to learn about changes within the food industry over time. The module provides opportunities to explore other issues, such as advertisements, eating disorders and the use of GM foods.

5 Spend a day at an outdoor food production site, (eg smallholding, organic farm, dairy farm).

Learn about what is involved, take an active role in one part of the work and talk to the staff about the highs and lows of their job.

FoodWise skills: Responsibility | Self-management

✔ Skills I used:	🖊 Sign off:
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6 Complete an enterprise project by creating and selling a new food or drink product. Work out the set-up costs and sale price, source the ingredients, calculate production time and shelf life.

Promote your product through an online marketing campaign.

FoodWise skills: Responsibility | Creativity

✔ Skills I used:	🖊 Sign off:
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7 Carry out a survey among local residents about food citizenship in your area, (eg high street shopping, local markets, foods with a small carbon footprint, food waste, allotments).

Report your findings.

FoodWise skills: Responsibility

✔ Skills I used:	🖊 Sign off:
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8 Other agreed challenge

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