Unit 32: Nutrition and Diet

Unit code: K/601/1782
QCF level: 5
Credit value: 15

Aim
This unit will enable learners to understand nutrition and diet with particular reference to hospitality management, including current nutritional principles and guidelines and the links between diet and health.

Unit abstract
This unit will investigate a number of areas of nutrition, including contemporary ideas regarding diet and health such as food choice and the influences of society. This will enable learners to devise and analyse menus for a variety of customers in various sectors of the hospitality industry.

Learners will develop their understanding of nutritional principles which underpin the links between diet and health. They will then be able to use this to explore the role of nutrition in the planning and management of food production operations.

Learners will also develop the skills required to plan and analyse diet and menus for a range of situations and customers. This will lead to examination of wider issues relating to the role of nutrition in hospitality management.

It is assumed that, before undertaking the unit, learners have a basic knowledge of nutrition.

Learning outcomes
On successful completion of this unit a learner will:

1. Understand nutritional principles
2. Understand the links between diet and health
3. Be able to plan and analyse diets and menus
4. Understand the role of nutrition in hospitality management.
Unit content

1 Understand nutritional principles

*Food choice*: factors influencing food choice and dietary habits (socio-economic, cultural, religious, ethical, psychological, media, sensory perception); current food trends eg fast foods, snacking

*Food classification*: main food groups (meat, fish and alternatives, milk and dairy foods, bread and cereal foods, fruit and vegetables, fatty and sugary foods); nutritional values of common foods

*Nutritional requirements*: dietary reference values (DRVs) for nutrients and energy; nutrient and energy needs of population subgroups (children, physically active, elderly, pregnancy and lactation)

*Nutritional status*: assessment of the nutritional status of populations and individuals (anthropometric assessment); body mass index (BMI); biochemical; measurement of food and nutrient intake (24-hour recall, weighed inventory, National Food Survey); use of food tables

2 Understand the links between diet and health

*Health*: obesity and overweight (nature and extent, causes, treatment); coronary heart disease; dietary fats (saturates, monounsaturates, polyunsaturates, omega-3 fatty acids, trans-fatty acids) and effects on serum cholesterol (LDL and HDL); diet and dental health; fibre/NSP (non-starch polysaccharides) and bowel disorders; diet (eg antioxidant vitamins) and cancer; salt and hypertension

*Healthy eating*: healthy eating guidelines as current at time of delivery; 1983 NACNE report; nutrient and food recommendations of 1994 COMA report; SACN [1999]; *Our Healthier Nation* [1999]; *Choosing Health: Making Healthy Choices Easier* [2004]; *Nutritional Well-being of the British Population* [September 2008]; comparison with health in other countries in relation to diet eg Mediterranean diet, diet in Japan

*Alcohol*: physiological/psychological effects of alcohol in the body (short- and long-term); behavioural effects; product development trends linked to customer demands; current market share for alcoholic beverages

*Deficiency diseases*: vitamin and mineral deficiencies eg folic acid deficiency, anaemia

*Therapeutic diets*: diabetic; weight-reducing; gluten-free

*Allergies*: various eg nuts, colourings, flavourings

*Range of medical conditions*: range eg diabetes, renal failure, heart disease, obesity, coeliac disease
3 Be able to plan and analyse diets and menus

*Meal/menu planning:* construction of healthy, palatable meals and menus for a variety of situations and customers including vegetarian, vegan, diabetic, weight-reducing and gluten-free diets

*Analysis of menus and diets:* measurement, calculation and estimation of weights of foods in meals and diets; use of food tables and computer programmes in the analysis of the nutrient and energy contents of a variety of menus and diets; evaluation of the suitability of menus for the intended customers

*Menu modification:* adaptation of recipes, menus and diets to comply with healthy eating guidelines (reduced fat, sugar, salt and increased fibre)

4 Understand the role of nutrition in hospitality management

*Food production methods:* effects of different food production methods and cooking techniques on the nutritional values of foods e.g. conventional large-scale cooking methods, microwave cooking, cook-freeze, cook-chill, sous vide

*Nutrition in different sectors of the industry:* application of nutritional principles and relative importance of nutrition in a variety of catering businesses e.g. schools, hospitals, residential homes, employee feeding, hotels, restaurants, fast-food businesses

*Promotion of healthy eating:* importance of a good diet; presentation of nutritional information to customers and staff; nutrition education
## Learning outcomes and assessment criteria

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<thead>
<tr>
<th>Learning outcomes</th>
<th>Assessment criteria for pass</th>
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<tr>
<td><strong>On successful completion of this unit a learner will:</strong></td>
<td><strong>The learner can:</strong></td>
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<tr>
<td>LO1 Understand nutritional principles</td>
<td>1.1 review factors affecting food choice and current food trends</td>
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<td>1.2 categorise foods according to type and nutrient content</td>
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<td>1.3 discuss nutritional requirements of individuals and groups</td>
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<td>1.4 assess methods used for measuring nutritional status and food intake</td>
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<tr>
<td>LO2 Understand the links between diet and health</td>
<td>2.1 discuss the relationships between diet and health, explaining the principles of healthy eating</td>
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<td>2.2 appraise the effects of alcohol on the human body and the hospitality world</td>
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<td>2.3 assess the use of diet in the treatment of a range of medical conditions</td>
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<td>LO3 Be able to plan and analyse diets and menus</td>
<td>3.1 plan, develop and analyse healthy, palatable meals for a variety of customers and situations</td>
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<td>3.2 modify existing recipes, meals and menus to implement healthy eating principles</td>
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<td>LO4 Understand the role of nutrition in hospitality management</td>
<td>4.1 evaluate the effects of different methods of food production on the nutritional value of foods</td>
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<td>4.2 compare the different nutritional principles involved in a variety of catering outlets</td>
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<td>4.3 produce and analyse material that provides nutritional information and promotes concepts of healthy eating suitable for use in the catering industry</td>
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Guidance

Links

This unit can be linked successfully with a wide range of units. For example:

- Unit 5: Food and Beverage Operations Management
- Unit 24: Brewing Science
- Unit 25: Menu Planning and Product Development
- Unit 26: Planning and Managing Food Production and Beverage Service
- Unit 29: Creative Patisserie
- Unit 30: New Product Development in Food.

This unit also links to the following Management NVQ units:

- B2: Map the environment in which your organisation operates
- B8: Ensure compliance with legal, regulatory, ethical and social requirements
- F9: Build your organisation’s understanding of its market and customers
- F10: Develop a customer focused organisation
- F11: Manage the achievement of customer satisfaction.

Essential requirements

Learners will require access to laboratory facilities and software packages for analysis of diets and menus.

Employer engagement and vocational contexts

Delivery of this unit will be enhanced by local NHS dietitians and accredited nutritionists as visiting speakers.