



FoodWise

Short Course

Student name:

Centre name:

ASDAN tutor:

Sample

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FoodWise Short Course

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Achieving your Short Course

How long will the Short Course take?	Hours	Credits
You have the option of accrediting up to 60 hours of FoodWise activities. For every 10 hours, you are awarded one credit, for example:	10	1
	30	3
	60	6

These credits can contribute towards other programmes and qualifications.
The **FoodWise Short Course** can lead to:

ASDAN Personal Development Programmes
(Bronze, Silver, Gold or Universities)

ASDAN Qualifications (Levels 1 and 2)
AoPE (Award of Personal Effectiveness) Levels 1 and 2
CoPE (Certificate of Personal Effectiveness) Levels 1 and 2

and could eventually lead on to:

ASDAN Qualifications (Level 3)
CoPE (Certificate of Personal Effectiveness) Level 3

What must I do?

Read through these introductory pages carefully.

Look at the modules and challenges and decide which challenges you wish to complete – your tutor will be able to help you decide.

Create an evidence portfolio to safely store all the material you'll need to have in place before your tutor can claim your Short Course certificate.

Plan, organise and carry out your chosen challenges, collecting evidence as you go and storing it safely in your evidence portfolio.

Before asking your tutor to check your work and claim your certificate make sure your portfolio contains the following:

1. A student book
2. A completed Record of Progress (page 5)
3. Evidence for each challenge completed
4. The correct number of Short Course Skills Sheets (see pages 43-50)
5. A completed Summary of Achievement (yellow centre pages)
6. A completed Personal Statement (yellow centre pages)

What will I need?

- Your own copy of this Short Course book
- A portfolio (file or folder), into which you will put your evidence

Information for tutors

To download A Quick Guide to Short Courses, go to:
members.asdan.org.uk/my-courses/short-courses

This contains step-by-step guidance for delivering any Short Course, from registering with ASDAN to certification.



Recording Your Skills

Recording your skills

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

These help you link your achievements to the national standards for these skills.

FoodWise activities provide an excellent opportunity to develop the skills of:

- Learning
- Teamwork
- Coping with Problems
- Use of IT
- Use of English
- Use of Maths

The importance of Key/Core Skills

These are an everyday part of adult and working life. You need to be able to make yourself understood when speaking and writing, planning your own learning, working with others, carrying out basic calculations and using information technology.

Every job needs some or all of these skills and they are just as useful in Further and Higher Education.

Learning

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.

Coping with Problems

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.



Use of IT

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, not only in the workplace but also in the home.

Use of English

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.

Use of Maths

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; many of the challenges in this Short Course will give you opportunity to practise your numeracy skills.



Module 1

Healthy Eating



Module 1

Healthy Eating

Section A: Complete at least FOUR challenges over 10 hours (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/dishes that contain these food groups.

- Skills I used:**
- Learning
 - Teamwork
 - Coping with Problems
 - Use of IT
 - Use of English
 - Use of Maths

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 & 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/dishes that contain these nutrients.

- Skills I used:**
- Learning
 - Teamwork
 - Coping with Problems
 - Use of IT
 - Use of English
 - Use of Maths

3 In a group, discuss the term 'a healthy diet'. Consider:

- your own ideas
- Government guidelines
- recommended daily amounts (RDA)
- nutritional labels on food packaging
- the Eatwell plate

Design a healthy meal in line with your discussion and draw your own healthy plate for an active teenager.

- Skills I used:**
- Learning
 - Teamwork
 - Coping with Problems
 - Use of IT
 - Use of English
 - Use of Maths



Module 3

Food Preparation and Presentation

Module 3

Food Preparation and Presentation

5 Visit a restaurant and watch the chefs prepare the food. See if you can reproduce one of the dishes yourself.

- Skills I used:**
- Learning
 - Teamwork
 - Coping with Problems
 - Use of IT
 - Use of English
 - Use of Maths

6 Prepare a leaflet or poster to explain how care must be taken when:

- cooking food in a microwave
- defrosting food in a microwave
- reheating food in a microwave
- using containers and wrappings with a microwave

Show that you can safely use a microwave to cook food.

- Skills I used:**
- Learning
 - Teamwork
 - Coping with Problems
 - Use of IT
 - Use of English
 - Use of Maths

7 Cook a variety of vegetables using as many methods as you can. Find out which method of cooking retains most nutrients. Which method retained the most colour, flavour and texture? Use a table to record what you have found.

- Skills I used:**
- Learning
 - Teamwork
 - Coping with Problems
 - Use of IT
 - Use of English
 - Use of Maths

8 Other agreed challenge:

- Skills I used:**
- Learning
 - Teamwork
 - Coping with Problems
 - Use of IT
 - Use of English
 - Use of Maths



Module 7

Practical Cooking Skills

Sample



Module 7

Practical Cooking Skills

Section B: Complete ONE challenge over 10 hours (1 credit) or TWO challenges over 20 hours (2 credits)

1 Use the cooking skills and techniques listed in Section A to plan, prepare and cook a range of meals.

Use your skills to demonstrate that you can be creative with your use of ingredients and cook for different cultures, occasions and dietary requirements.

- Skills I used:**
- Learning
 - Teamwork
 - Coping with Problems
 - Use of IT
 - Use of English
 - Use of Maths

2 Demonstrate that you have developed your practical skills in using a range of utensils and appliances to safely prepare, cook and serve a variety of dishes.

In creating your chosen dishes, show that you can:

- choose the right piece of equipment
- make use of labour-saving appliances/devices
- use new technology in the kitchen

- Skills I used:**
- Learning
 - Teamwork
 - Coping with Problems
 - Use of IT
 - Use of English
 - Use of Maths

Adding Value

Your FoodWise Short Course is recognised with an ASDAN certificate, and has a credit rating to reflect the time you have spent on FoodWise activities. This course can also be linked to other programmes and qualifications, which add value and give you further options for continuing to develop your skills and experience.



★ If you are aiming to achieve any of these qualification outcomes you should seek advice from ASDAN before starting your FoodWise Short Course.

Sample



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