

Meaningful Learning Experiences

Strategic Commitment	✓	Part of a pilot supported by a large academy trust
Curriculum Provision	✓	Diet & Nutrition – part of Health & Social Care
Employer Partnerships	✓	Working with a neighbouring residential care home
Reflective Young People	✓	Providing students an incentive to complete work
Informed Career Choices	✓	Showcasing high quality professional care provision

Health & Social Care students get a chance to meet real special dietary requirements

The Health & Social Care course studied by year 10 students at Sir Herbert Leon Academy in Milton Keynes includes a unit of work that requires students to, ‘... *design a meal for people with specific dietary needs, so they may benefit from a visit from a dietitian who could talk to them about nutrients and substitutions certain dietary needs have, in order for them to be able to design an appropriate meal plan.*’

Directly opposite the school is Waterhall Care Home, run by ‘outstanding’ national provider Excel Care. The Covid-19 health crisis resulted in students studying from home and the care homes facing unprecedented pressure to protect residents. In spite of this, the regional quality manager prepared a package of information for the students, based on professional practice, including:

- Power Point Presentation
- 4 Week Menu
- Nutrition Policy
- Documents to obtain nutritional information
- Regulations on meeting nutritional & hydration needs
- Recipes for homemade supplements from Milton Keynes University Hospital Dieticians

The students were challenged to consider how they might cater for real special dietary requirements, aware that a selection of their work would be sent to the regional quality manager. A message of congratulation and encouragement was received from the local care home manager.

Benefits for the Students

- The project helped young people learn about Excel Care’s interest in the topic of diet and nutrition. The brochure for Water Hall Care Home states that the ‘... *talented Chef creates a variety of delectable, nutritious dishes using fresh, seasonal and locally-sourced produce on a daily basis*’ and that the ‘... *team is more than happy to accommodate any special dietary requirements*’.
- ‘*By doing this project, students were able to apply what they were learning in the classroom to a real-life situation, which gave them more incentive to complete the work.*’

Benefits for the School

- 'The end goal for the Learning Outcome that they will be studying at the time is for students to design a meal for people with specific dietary needs ... A case study for them could be something that involves dietary needs in school or in a care home, and how they would design a meal plan to meet the needs of that person.'
- 'The project was completed while we were in lockdown, with the live lessons being a different experience for students.'

Benefits for the Employer

- In spite of being immersed in the Covid-19 health crisis, which placed huge demands on their time to care for elderly residents, Excel Care responded positively.
- 'Thank You for choosing to work with Water Hall Care Home.'
- 'Your contributions will go a long way to improve the food of residents living at Waterhall. We would like to continue doing such work together with our local students and teachers. We are proud of you all. Thank you.' (Care Home Manager)



Year 10 students studying nutrition and diet as part of their Health & Social Care studies were challenged to apply theory to professional practice and the needs of residents at a neighbouring care home. The provider's regional quality manager gave expert feedback on the students' work, with the whole project planned and delivered during Covid-19 lockdown.

Please read attached guidance carefully before use.

Dietary Information Sheet

Room	Name	Allergy/ Cultural/ religious	Diet Descriptor (e.g. Puree)	Fortified	MUST	Medication Interaction	Diabetic
21	No	0	None	No
22	No	0	None	No
24	No	0	None	No
25	No	0	None	No
37	No	0	None	No
39	No	0	None	No
42	No	0	None	No
43	No	0	None	No
45	No	0	None	No
46	No	0	None	No
47	No	0	None	No
48	No	0	None	No

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Egg on toast	Bacon & sautéed potato	Sausage sandwich	Scrambled eggs	Bacon & egg	Sausages & baked beans	Savoury croissant ham/cheese
LUNCH	Carbonade of beef (brown beef stew) with boiled pots, carrots & cauliflower	Liver & bacon with mash pots, green beans & swede	Chicken chasseur with new pots, courgettes & carrots	Savoury pork & apple stew, mash pots, red cabbage & fine beans	Fried cod or poached cod with parsley sauce with chips, peas & tomatoes	Chicken pie with mashed potato, broccoli & carrots	Roast gammon with roast & new pots, puree parsnips, carrots & brussels
VEGETARIAN	Stir fried vegetables in a potato nest	Vegetable curry & rice	Creamy vegetables on a bed of rice	Vegetable Kiev	Sweet potato & pepper stew	Nut cutlet	Mushroom stroganoff with rice
DESSERT	Apricot pie & custard	Banana sponge & custard	Treacle sponge & custard	Apple & cinnamon crumble with custard	Coconut rice pudding	Cherry pie & cream	Cabinet pudding with custard
TEA	Fish fingers & baked beans	Ham & chips	Gala pie & salad	Ravioli & salad	Pate & warm toast salad	Beans on toast	Buffet
SOUP	Mulgatawny	Mushroom	Beef & red pepper	Cream of celery	Tomato	Vegetable	Minestrone
DESSERT	Cheesecake	Cheese & biscuits	Strawberry blancmange	Peaches & cream	Spotted dick & custard	Banana custard	Gâteau

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