

Meaningful Learning Experiences

Strategic Commitment	✓	Part of a regional, ESF-funded 'Careers Local' programme
Curriculum Provision	✓	Preparation for year 11 examination topics
Employer Partnerships	✓	Fresh menu ideas for a local residential care home
Reflective Young People	✓	Students found the project enjoyable and interesting
Informed Career Choices	✓	A positive picture of the Hospitality and Health sectors

Theory about food preparation is turned into practice with a local care home

Top of the list of strategic priorities for South Wolds Academy, part of the East Midlands Education Trust, is *'To provide a relevant, attractive curriculum that meets the needs of all learners with outstanding teaching that is highly effective in inspiring students and ensures that they learn exceptionally well'*.

The teacher brief for a project involving GCSE Food Preparation and Nutrition states, *'There are topics on the new GCSE specification that have a lot of content to cover and some of can be quite dull and dry. I find the students aren't always as interested in these topics because they have to listen to me 'wittle on'.'*

Belvoir Vale Care Home, which is a short distance from the school, provided six briefs, which described the dietary requirements of half a dozen typical clients. These were accompanied by an informal video message from the chef, recorded in the kitchens, along with information about the home, current menus, and specific issues for the elderly, such as dysphagia and diabetes.

Students presented their proposals, including outcomes from preparing one of their menu options, to the care home manager, the chef and one of the residents, who visited the school. Students with the best results were invited to see their food prepared in the kitchen to be served in the home.

Benefits for the Students

- In their evaluation, every student indicated that the project had helped them understand meal planning and improved their nutritional knowledge and menu costing
- *'[The chef] only gets £3 for the whole day and we only got £3 for the one meal. It was challenging, but we managed to hit the budget exactly'*
- *'It makes you think a lot more about how they have to think and it's a better experience'*
- Working as a chef: *'I'd certainly take it into consideration now after doing that challenge'*
- I am most proud of: *'Learning the timing and skills of how to make that product'*
- I am most proud of: *'The presentation went quite well and what we bought for our product'*
- I am most proud of: *'How well we worked as a team and how good our food turned out to be'*
- I am most proud of: *'Presenting to the lovely member of staff from the Belvoir Vale care home'*

Benefits for the School

- 'It gave a touch of reality to the proceedings. It gave purpose ... It lets them picture beyond the exams and lets them look at what they can potentially be going into'
- 'We want to do more of this kind of thing because students aren't exposed to the outside world My job is to open up doors to be exposed to as many challenges as possible'
- 'This was a great mock run-through of something they might be given by the exam board next year ... this is essential preparation'

Benefits for the Employer

- 'To be honest, I'm quite astounded by the knowledge and what they've looking into ... some of the ideas they've come up with, we're actually going to use in the home'
- 'I was them to know about our sector the health sector ... to understand what it's like looking after people in a care home on a daily basis'
- 'We've learned quite a lot this morning. I'm really excited about one of the menus and we are going to try that – doing our costing ourselves'
- 'It was sharing our information – from our care home, what we do – to making the kids think outside the box ... I'm really proud'

DIET REQUIREMENT NOTIFICATION

To be completed and passed to kitchen on day of admission

Name: Jane Smith Room: 17

Birthdate: 1.5.40 Does resident like to celebrate?

Special Requirements (Tick all that Apply):

Diabetic Low fat

Category:

B - Thin Puree

C - Thick Puree

D - Pre Mashed

E - Fork Mashed

Fortified food (detail)

Additional snacks (detail)

Home made supplements (e.g. smoothies) Prescribed supplements

Restricted items due to medications (e.g. grapefruit, cranberry)

Food Allergies or intolerance:

Other personal preferences: Religious/Faith (detail) Vegetarian Vegan

Where does the resident prefer to take their meals? Dinner

Any special cutlery/adaptations?

Favourite Foods: Steak, Beef

Food dislikes: Fish

Beverage Preferences:

(Tea, Coffee, Milk, Legals, Sweetener, preferred cold drinks)

Is the resident permitted alcoholic drinks? NONE

Beverage Dislikes:

Fluid Requirements:

Consistency

If thickening agent used, what are directions

Type of Cup used: Mug

Named Nurse / Primary Carer

Catering dept. Lead

Signed: [Signature] Date: 10.1.2017



Possible menu item 1

- Name of dish: Salmon and leek risotto
- Reason for choice (think about the client):
- Because of the eat well plate as there are more protein and healthy types of foods included to suit Jane's criteria
- Could you improve this dish?
- Use less salt



The specification for GCSE Food Preparation and Nutrition contains a large amount of theory and factual learning, as well as practical work. The chef from nearby Belvoir Vale Care Home provided dietary requirements for six clients, for which students were challenged to design a nutritious meal, within a realistic – and very tight – budget, with the best menu being prepared in the home's kitchen.