This unit is about producing dishes which meet the relevant nutritional standards and specifications set for school meals services. The skills described highlight the need to be aware of the requirements needed to meet the relevant nutritional standards.

This unit has two learning outcomes:

1. Be able to prepare meals to meet relevant nutritional standards set for school meals

2. Understand how to prepare meals to meet relevant nutritional standards set for school meals.
**UNIT 145 (1PR26)**

**PREPARE MEALS TO MEET RELEVANT NUTRITIONAL STANDARDS SET FOR SCHOOL MEALS**

### Evidence

This space is to record your evidence for this unit. The criteria that you should be able to record are within the learning outcomes.

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<th>No</th>
<th>Method</th>
<th>Summary of evidence, or portfolio reference</th>
<th>Assessor initials</th>
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Photocopy if required

*Assessment method key: O Observation; PD Professional discussion; Q Questioning; WP Work product; WT Witness testimony; Oth Other*
What you must do

(OUTCOME 1)

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

Circled numbers must be observed

1 Liaise with colleagues and clients to identify the relevant nutritional standards and requirements

2 Prepare menu items to fulfil nutritional and organisational standards

3 Cook menu items to fulfil nutritional and organisational standards

4 Work in a manner that maximises the nutritional value of the food

5 Ensure that the preparation and cooking areas and equipment are safe, hygienic, ready for use and free from contaminating substances

6 Finish dish to required quality standards

7 Present dish to required quality standards

8 Report any problems with meeting the nutritional standards to the appropriate person

9 Conduct work in line with relevant workplace procedures and current legal and regulatory requirements relating to safe and hygienic practices.

What you must know

(OUTCOME 2)

Evidence for this section can be collected in a variety of ways. Your assessor will discuss with you how to collect and record this information.

To understand how to prepare meals to meet relevant nutritional standards set for school meals you need to:

K1 Describe the relevant nutritional standards used within school meals context

K2 State the main nutrient groups

K3 Describe what quantity of nutrients are typically needed to maintain a good dietary balance

K4 Describe what food preparation and cooking methods can affect the nutritional content of foods

K5 State the importance of knowing calorific values per portion

K6 Describe what quantity of nutrients are typically needed to maintain a good dietary balance

K7 Describe the range of different special dietary requirements that may be encountered and the impact that they have upon the production of food

K8 Describe the differences between dietary, religious and cultural requirements

K9 State the consequences of not providing food that meets nutritional requirements

K10 State where to obtain information on different dietary requirements

K11 Describe what safe working practices should be followed when preparing and cooking dishes to meet special dietary requirements.
Notes and feedback

You or your assessor may use this space for any notes or additional comments about your work.