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Activity coordinated by:
SI4LIFE

LESSON PLAN LO6-A-B-3

Prepare cold and hot dishes (or supervise their preparation) according to clients' requirements and the meal plan approved by healthcare professionals, taking into account food intolerances and allergies.

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Introduction

This template would allow to formalize a suggested approach to the teaching of LO6-A-B-3. Once completed it can be used by teachers in order to design their own lessons addressing the specific LO.

Lesson plan for LO6-A-B-3

LO6-A-B-3	
Prepare cold and hot dishes (and supervise their preparation) according to clients' requirements and the meal plan approved by healthcare professionals, taking into account food intolerances and allergies	
<p>KNOWLEDGE</p> <p>He/she is able to:</p> <ul style="list-style-type: none"> • Describe the differences between food intolerance and allergies • Describe the main EU rules to operate with allergic / intolerant clients (eg Reg. UE n.1169/2011), as well as the main recognized allergens • Identify alternative ingredients in the most common preparations for the allergic and intolerant population • Identify the parameters to elaborate a database about requirements and types of allergies and intolerances • Describe methods to define meal plan according to the health care indication and client requirements • Identify new cooking methods required by new ingredients needed to meet food intolerances 	<p>SKILLS</p> <p>He/she is able to:</p> <ul style="list-style-type: none"> • Prepare and cook cold and hot dishes according to clients' requirements • Supervise preparation of cold and hot dishes • Collaborate with healthcare professionals about clients' meal plans considering their food intolerances and allergies • Assure clients' requirements are always met in the meal plan • Apply the main EU rules to operate with allergic / intolerant clients • Choose the best alternative ingredient to adapt the standard recipes to obtain the best tasteful result • Support inter-professional collaboration of the multidisciplinary team while creating meal plans • Apply new cooking methods required by new ingredients needed to meet food intolerances
<p>PERSONAL AND TRANSVERSAL COMPETENCES</p> <p>He/she is able to:</p> <ul style="list-style-type: none"> • TAKE RESPONSIBILITY on clients' requirements • TAKE RESPONSIBILITY of the preparation of cold and hot dishes in the kitchen 	



Lesson Plan LO6-A-B-3

- Collaborate with other members of the healthcare team to create meal plans
- Support inter-professional collaboration while creating meal plans
- Dedicate proper time and dedication for discussing meal plans

MANDATORY OR OPTIONAL: *Mandatory*

LINK TO OTHER LOS:

LO3-D-1 is fundamental to this LO

Linked to: LO6-A-B-1 LO6-A-B-2 LO6-C-1 LO6-C-2 LO3-B2 LO3-B-3

EQF LEVEL: EQF5

OTHER NOTES:

Supervising the techniques is EQF5, other parts of this LO can also be considered as EQF4.

Competences related to Communication are addressed in LO7-A-2

Competences related to Teamworking are addressed in LO7-C-2

Competences considering Collaboration with healthcare professionals are addressed in LO7-C-1

PREPARATORY LOS

These LOs should be introduced before addressing LO6-A-B-3

- LO3-D-1: Know the basics of chemistry of food and combine food items in order to both respect food quality and obtain appetizing menus adapted to care settings
- LO6-A-B-1: Know the main cooking techniques and select the appropriate ones for the different healthcare contexts in order to maintain the nutritional properties and maximize the nutritional value of the ingredients
- LO6-A-B-2: Use or supervise the use of established, innovative and complex preparation methods, also combining and applying various cooking methods simultaneously and developing creative solutions
- LO6-C-1: Design menus and a la carte dishes and apply proper food preparation and cooking techniques, also developing innovative solutions, for different food forms and diets and respect cultures and religions (e.g. vegetarians, vegans, gluten-free, allergy sufferers, people with food intolerances, diabetes, hypertension, etc.)
- LO6-C-2: Recognize the model diets (vegan, vegetarian, zone diet, Mediterranean diet...) and be able to prepare dishes according to them, also developing innovative solutions and creating new combinations of ingredients
- LO3-B-2: Adjust baseline menus to satisfy individual preference and needs
- LO3-B-3: Know the effects of cooking on ingredients/raw materials and select the proper methods, maximizing the freshness and quality of the ingredients/raw materials

FLEXIBILITY TABLE SUGGESTIONS ABOUT EDUCATIONAL STRATEGY

Lecture:	face to face or online
Individual study:	face to face or online
Group work:	face to face or online
Lab:	NO
WBL:	face to face

HOW TO ADDRESS THE NEEDED KNOWLEDGE (EQF 4)

CONTENTS AND MATERIALS

KNOWLEDGE TO BE ADDRESSED	RELATED CONTENTS	EDUCATIONAL MATERIALS
Describe the differences between food intolerance and allergies	Identify and know the specifics of food allergies and intolerances	Power point of food intolerance and allergies Video about people getting a food intolerance or allergies
Describe the main EU rules to operate with allergic /	Know the most common types of food allergies and	https://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:L:2011:304:0018:0063:PT:PDF



Lesson Plan LO6-A-B-3

intolerant clients (eg Reg. UE n.1169/2011), as well as the main recognized allergens	intolerances at EU level and work with them	
Identify alternative ingredients in the most common preparations for the allergic and intolerant population	Adapt and change menus so that foods that cause food allergies and intolerances can be replaced by others with the same nutritional values	Lesson about creating menus
Identify the parameters to elaborate a database about requirements and types of allergies and intolerances	Make a checklist that allows quick access to the most common intolerances and allergies in the population	Create excel sheets
Describe methods to define meal plan according to the health care indication and client requirements	Create menus and menus adapted to the health conditions of each client and to their tastes	Lesson about creating menus
Identify new cooking methods required by new ingredients needed to meet food intolerances	Use new techniques of confection that allow the food variety and a proper taste	

SUGGESTED ACTIVITIES FOR ADDRESSING THE NEEDED KNOWLEDGE (in compliance with flexibility table)

How can you share with students the needed contents?

A face-to-face lesson will deal with the contents listed in the table

In addition, a power point document will be shared including:

- list of the main of food intolerance and allergies
- List of the allergens