

Unit Title:	Vegan And Vegetarian Nutrition And Cookery
Unit Level:	Level 2
Unit Credit Value:	4
GLH:	25
LASER Unit Code:	WJH183
Ofqual Unit Code:	M/650/1821

This unit has 6 learning outcomes.

Learning Outcome (The Learner will):		Assessment Criteria (The Learner can):	
1.	Understand the major food groups and their functions.	1.1	Identify the major food groups.
		1.2	Describe how the major food groups contribute towards the nutritional needs of the body.
2.	Understand vegetarianism and veganism.	2.1	Describe what it means to follow: <ul style="list-style-type: none"> <li>• a vegetarian lifestyle</li> <li>• a vegan lifestyle</li> </ul>
		2.2	Describe the difference between vegetarianism and veganism.
		2.3	Describe the ethical, environmental and sustainability agenda in relation to vegetarianism/veganism.
		2.4	Outline sources of key nutrients at risk of deficiency in vegetarians to include: <ul style="list-style-type: none"> <li>• protein</li> <li>• iron</li> <li>• vitamin B12</li> <li>• vitamin D</li> </ul>
		2.5	Outline sources of key nutrients at risk of deficiency in vegans, with reference to the 'Vegan Eatwell Guide', to include: <ul style="list-style-type: none"> <li>• protein</li> <li>• iron</li> <li>• calcium</li> <li>• vitamin B12</li> <li>• vitamin D</li> <li>• iodine</li> <li>• selenium</li> <li>• omega 3 fat</li> </ul>
3.	Know the food preparation and cooking methods for vegetarianism and veganism.	3.1	Describe food preparation and cooking methods used in vegetarian and vegan cooking to include: <ul style="list-style-type: none"> <li>• chopping</li> <li>• peeling</li> <li>• raw</li> </ul>

			<ul style="list-style-type: none"> <li>• sauteing</li> <li>• steaming</li> <li>• slow-cooker</li> <li>• frying/air frying</li> <li>• grilling</li> <li>• roasting/baking</li> <li>• boiling</li> </ul>
4.	Understand how to prepare a healthy vegetarian or vegan meal.	4.1	Identify the ingredients needed to prepare a healthy two-course vegetarian or vegan meal.
		4.2	Identify the equipment and facilities needed to prepare a healthy two-course vegetarian or vegan meal.
		4.3	Describe the key nutrients obtained from the planned vegetarian or vegan meal.
		4.4	Describe health and safety considerations when preparing the planned vegetarian or vegan meal.
5.	Be able to prepare a healthy vegetarian or vegan meal.	5.1	Prepare a healthy two-course vegetarian or vegan meal within a given timeframe using recipes.
		5.2	Demonstrate consideration to health and safety when preparing a healthy two-course vegetarian or vegan meal.
6.	Be able to review own vegetarian or vegan food preparation and cookery skills	6.1	Review own food preparation and cookery skills to include: <ul style="list-style-type: none"> <li>• health and safety aspects</li> <li>• timings</li> <li>• enjoyment/palatability of meal</li> <li>• nutrients obtained from the planned meal</li> <li>• areas for improvement</li> </ul>

**Assessment Guidance:**

n/a

**Additional Information:**

'Vegan Eatwell Guide' published by the Vegan Society