

# Changes to FoodWise Short Course

## Information for centres: Summary of changes from the 2015 version to the 2019 version

ASDAN has recently updated the FoodWise Short Course to modernise the challenge content. Challenges in some of the modules have been reworded to include fresh content and in some instances new challenges have been added.

The number of modules and the module titles remain the same with the focus being on health, wellbeing and hygiene, purposeful food preparation, cooking and presentation, as well as a module that contains activities to inform learners about the food industry.

### Changes to challenges

The table on the following pages summarises the changes between the 2015 student book and the latest version. In particular, it highlights the challenges that have changed significantly so practitioners can plan accordingly and gather the necessary resources.

The challenge reference is listed in the left-hand column, with a brief overview of the current 2015 challenge in the second column. The right-hand column details the changes made to the 2019 version. Challenges with no proposed changes are not listed in this table.

If the changes to this version have removed a challenge that you have previously used successfully and don't want to lose, please make use of the "Other agreed challenge" option within each section.

### Changes to the Short Course format

In March 2018, ASDAN made some changes to the Short Course format. These changes were made to more accurately reflect modern terminology and teaching methods, while retaining the key aspects that centres value about our Short Courses.

These changes do not affect the structure of Short Courses in any way; we hope that they will make Short Courses more relevant and easier to use. A summary of the changes is available to download from: [members.asdan.org.uk/my-courses/short-courses](https://members.asdan.org.uk/my-courses/short-courses)

### Tutor notes and resources

A Quick Guide to Short Courses offers step-by-step guidance for delivering any ASDAN Short Course. This document is free to download from: [members.asdan.org.uk/my-courses/short-courses](https://members.asdan.org.uk/my-courses/short-courses)

Supporting resources can also be found on theOrb – ASDAN's Online Resource Bank: [www.theorb.org.uk](http://www.theorb.org.uk)



Module 1: Healthy eating		
1A3	In a group, discuss the term 'a healthy diet'.	Amended - expanded to include reference to drinks as part of a healthy diet.
1A7	Design and make the packaging for a healthy meal. Include all the required information found on food packaging.	New – Investigate different energy drinks, including how much sugar and caffeine they contain compared to other soft drinks. Compare this to the RDA of sugar and caffeine for both adults and children. Produce a poster of your findings.
Module 2: Basic food safety		
2A4	Look into 'use by', 'sell by' and 'best before' dates on food. Take part in a discussion or create an information leaflet.	Amended – removed reference to 'sell by' dates.
2B3	Do your family's cooking for a week. Show that you can follow the correct safety procedures when handling food.	Amended – time requirement reduced to weekend.
2B5	Produce a documentary-style report for radio or television about food safety hazards in public food outlets.	Amended – podcast added as a further option.
Module 6: The food industry		
6A3	Discuss the issues that young people face with regard to food and body image. Your discussion could include... Keep notes about the key points and present your conclusions.	Amended – list of aspects to consider expanded to include use of social media.
6A9	–	New – Investigate regulations around advertising junk food, especially in relation to young people and children. Summarise your findings and state whether you think these regulations are helpful to families.
Module 7: Practical cooking skills		
7A1	Demonstrate that you have developed a broad range of cooking skills and techniques to develop, plan and cook meals over a period of time:	Amended – number of examples required for each technique added: <ul style="list-style-type: none"> <li>• Preparation (at least four examples)</li> <li>• Baking (at least two examples)</li> <li>• Cooking (at least four examples)</li> </ul>