



National Training Programme for Community Food Workers (NTP)

By

Kate Lucas

National Training Programme Manager
Community Food Enterprise Limited



About CFE Ltd.

- Established with funding from NDC in 2003
- Remit - promote healthy eating and increasing consumption of fruit and vegetables
- Numerous interventions
 - Schools
 - The Community
 - Project visits



Services

- Breakfast clubs
- Fruit delivery
- Social Food Outlets
- Mobile Food Store
- 'Cook n Eat' sessions
- Lunch Clubs
- Consultancy
- National Training Programme

Mobile Food Store



Social Food Outlet





Outputs

In the last year

- 40,000 meals served at breakfast clubs
- 210,000 pieces of fruit consumed by key stage two
- 30,000 customers purchased fruit and vegetables from CFE's social food outlet
- 8,000 bags of fresh fruit and vegetables delivered to low income families
- 21,000 pieces of fruit eaten by nurseries and toddler groups



Rationale - Why NTP was developed?

- Develop attitude, skills and knowledge and understanding of food work and food projects
- Aid sustainability
- Retain volunteers



Markets

The NTP is aimed at:

- Food workers (paid/unpaid)
- Schools (year 10+)
- Students in further education/adult and community learning environment
- Professionals from the NHS/local government involved in food working
- Regeneration agencies
- Social entrepreneurs



Development Process

- **January 2003** - Membership to LOCN, workshops and consultation
- **May - August 2004** - Framework submitted (Learning outcomes and assessment Criteria)
- **May - September 2004** - Learning material / teaching material developed
- **October – December 2004** - Pilot and Evaluation
- **May 2005** - Programme Launch



Programme Structure – 10 Units

- **7 Food Units**

- Unit 1 Starting and Developing a Community Food Initiative
- Unit 2 Global, National and Local Food and Health Initiatives
- Unit 3 Food Poverty, Health and Community Development
- Unit 4 Food and Health, Food Choice and Trends
- Unit 5 Working In/Managing a Food Social Enterprise
- Unit 6 Growing Vegetables and Herbs
- Unit 7 Healthy, Tasty and Quick Cooking

- **3 Existing NOCN Study Skills Units**

- Unit 8 Working with Others
- Unit 9 Building a Learning Team
- Unit 10 Building a Personal Portfolio



Accreditation

- Programme Accredited by National Open College Network (NOCN)
- Three levels per unit (Level 1, 2 and 3)
 - Level 1 = NVQ Level 1, Foundation GNVQ, BTec 1st Certificate, GCSE below grade C.
 - Level 2 = NVQ Level 2, GCSE (Grades A – C), Intermediate GNVQ, Btec 1st Diploma.
 - Level 3 = NVQ 3 Level, A Level, Advanced GNVQ, ONC, BTec National.
- One credit - 10 hours learning
- Three credits per unit



Learning/Teaching Materials

Comprehensive set of teaching/learning materials developed by a team of consultants:

1.0 Teaching material

- A tutors hand book; Portfolio information; Interview forms Schemes of work; Unit objectives; How to asses the learner, Assessment tasks; Marking grids; Evaluation forms

2.0 Learning material

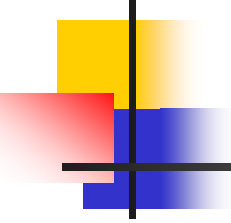
- Information sheets; Mini quiz's; Case studies; Practical activities; Group discussions; Reading material; Glossary of terms



Unit Four – Food and Health, Food Choice and Trends

Learning outcomes

- Understand ‘The Balance of Good Health’ model.
- Understand the importance of the five nutrients and water in food.
- Know the daily recommended calorie requirements for adult males and females.
- Understand how the daily recommended calorie requirements relate to over nutrition and under nutrition.
- Understand how modern patterns of behaviour have influenced the nation’s eating habits.
- Understand the definitions of low fat, low salt, low sugar and high fibre food.



Unit Three – Assessment Evidence

- **Level One Understand ‘The Balance of Good Health’ model.**
Using the ‘Balance of Good Health’ poster identify orally to the assessor the four main food groups. Give examples of food from each food group.

- **Level Three Understand ‘The Balance of Good Health’ model.**
The learner should record his/her food intake and activity levels for three days and then choose one day to examine and explain whether it meets the requirements/suggestions as shown in the ‘Balance of Good Health’ model.
 - 1.1 Record number of servings eaten from the four food groups
 - 1.2 Identify foods which are high in fat, salt and sugar
 - 1.3 Explain the cooking methods
 - 1.4 Compare the intake to the requirements/suggestions in the ‘Balance of Good Health’ model and make suggestions for improvements, if necessary
 - 1.5 Link the food eaten and activity undertaken with calorie balance.



Routes of Progression

Routes of progression are currently being developed with following universities:

- University of East London, London Metropolitan University, South Bank University, University of Teeside and Salford University
- Type of Courses: BSc Food, Nutrition and Health Science; Environmental Science; Social Enterprise
- Foundation degrees from University of East London



Pilot

The pilot took place from October – December 2004 in 3 regions

- 93 learners
- 68 learners received accreditation
- Evaluation carried out by Co-operative College, Manchester



Launch

- The NTP will be launched nationally on 25th May 2005 and as well as being available at 28 OCN member colleges, centres are being developed in the following areas:
 - Northwest; Northeast; Yorkshire; West Midlands; East Midlands; East of England; London; South East; South west; Scotland; Wales and Northern Ireland*
- Programme will commence in East London from July 2005.



Costs – London

- **Community / Voluntary Organisations**
 - £250.00 per person per unit
- **Statutory Organisations**
 - £ 280.00 per person per unit
- **This cost includes:**
 - Four days of tutoring
 - Learning material
 - Learner support (assessment)
 - Accredited certificate



Costs to be a provider

- **The National Programme will be available in England, Wales and Northern Ireland from September 2005.**
 - £85.00 per person per unit.
- **This cost includes**
 - Learning material
 - Teaching material
 - Registration of learners with the open college network
 - Learners certificate
 - Internal moderation



Further Information

- **Any questions?**

Kate Lucas

National Training Programme Manager

Unit 4 A, Thameside Industrial Estate

Factory Road, London E16 2H

kate@community-food-enterprise.org.uk

Tel: 0207 5119014

Fax: 0207 511 9015



Discussion

1. Who works with food workers and at a what capacity do they work to?
2. What are benefits of this programme – any problems?
3. How does the NTP fit within the Government Agenda and the White Paper?
4. How could the programme be rolled out Nationally?
5. How could the NTP become a nationally recognised programme for Food Workers?