

## **Level 2 Award in Healthier Food and Special Diets**

October 2007

### **9 Guided Learning Hours**

QCA Qualification Number 500/3301/3

#### **Description:**

This qualification is concerned with the basic principles of nutrition which underpin the production of healthy food and preparation of special diets, and has as its focus the key role of nutrition in health (defined as the prevention of disease). The qualification will be of interest to candidates involved in catering, food and health-related occupations, and also to carers, community workers, fitness trainers and other individuals that have a role in the promotion of health.

## Summary of Outcomes:

To achieve this qualification a candidate must:

1. **Review the composition of a balanced diet, by being able to:**
  - Specify government guidelines for healthy eating
  - Outline the principles of a balanced diet
  - State the importance of good health
  - Describe techniques to maintain the highest nutritional value of food used in the preparation, cooking and serving of balanced diets.
  
2. **Plan special diets, by being able to:**
  - Describe types of special diets
  - Outline practices to be followed when preparing, cooking and serving special diets.

## Content:

### 1. **Composition of a balanced diet**

*Government guidelines:* recommended daily intake of nutrients; recommended intakes for babies, children and adults; "The Eatwell Plate" and "Eat Five a Day"

*Principles of a balanced diet:* carbohydrates, fat, protein, fibre (non-starch polysaccharide), minerals (calcium, iron, sodium, potassium) and vitamins (A, C, D, E, K, folic acid, B12 and B group vitamins); main nutrient content of different foods; advantages and disadvantages of fresh food, convenience foods and fast foods; differences in nutrient content.

*Importance of good health:* introduction to role of nutrients in growth and body maintenance; ill health due to nutrient deficiency or excess to include obesity, cardio-vascular disease, cancer, hypertension, diabetes, dental caries.

*Techniques to maintain the highest nutritional value of food used in the preparation, cooking and serving of balanced diets:* effect of preservation, storage, processing and cooking on nutrient content, food quality and acceptability; processing and cooking techniques for optimisation of nutrient content; interpreting food label information; content and layout of food labels; "best before" and "use by dates".

### 2. **Plan special diets**

*Types of special diets:* omnivorous, vegetarian, vegan and ethnic minority / religious diets; nutrient content; potential nutrient deficiencies; special requirements of young babies, children, adolescents, pregnant women, nursing mothers, individuals with food allergies or intolerances, the elderly, the sick and

infirm, the overweight; diabetic diets; diets that are low calorie, salt free, sugar free or fat free.

*Practices to be followed when preparing, cooking and serving special diets:* techniques for reducing fat, salt and sugar content of meals; how to increase the amount of vegetables, fruit and starchy foods in meals; preparation of meals for people with an intolerance or allergy to certain foods

## **Assessment:**

Attainment of the Learning Outcomes will be assessed by an examination. A candidate who is able to satisfy the learning outcomes will be awarded a score of at least 60% in the examination.

The examination will consist of twenty multiple choice questions, to be completed in 30 minutes.

## **Guidance:**

### **Recommended prior learning:**

There are no recommended prior learning requirements for this qualification. The RSPH does, however, recommend that candidates have a level of literacy and numeracy equivalent to *Entry Level 2* (but see notes on Special Assessment Needs below)

## **Key Skills:**

It is expected that the delivery of this qualification should provide opportunities for the development of the following *key skills*:

Application of Number Level 2  
Communication Level 2  
Information and Communication Technology Level 1

## **Other Issues:**

The delivery of this qualification could provide opportunities for contributing to an understanding of Spiritual, Moral, Ethical, Social and Cultural issues and an awareness of Environmental issues, Health and Safety considerations and European developments. Possible areas for discussion are shown below.

Spiritual	The qualification can contribute to an understanding of spiritual issues by allowing students to discuss how an individual's spiritual and religious beliefs may affect their diet.
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Moral and	Moral and ethical issues can be developed in a discussion of the
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Ethical	compulsory use of some additives in food and drinking water, such as fluoridation. A comparison of ill-health due to excess nutrients and ill-health due to nutrient deficiency could also develop into a discussion of moral issues. A discussion of vegetarian and vegan diets could lead to a consideration of the moral and ethical issues of eating animals and animal welfare.
Social and Cultural	A discussion of different food styles, such as convenience food and fast food, and diets such as vegetarian, vegan and ethnic minority diets can contribute to an understanding of social and cultural issues. The preferred ways in which different cultures preserve food could also be discussed.
Environment	Awareness of environmental issues can be raised through consideration of “organic” food and “GM” food.
European	European legislation regarding food labeling and the use of additives could be discussed, as could European developments relating to the production and use of “GM” food.

***Restrictions on Candidate Entry:***

Candidates should not enter, with another awarding body, for a Level Two qualification in Healthier Food and Special Diets.

***Special Needs:***

Centres that have candidates with special needs should consult the RSPH's *Regulations and Guidance for Candidates with Special Assessment Needs*, this is available from the RSPH and the RSPH's website [www.rsph.org.uk](http://www.rsph.org.uk)

**Recommended Qualifications and Experience of Tutors:**

The RSPH would expect that tutors have teaching experience and a qualification in a relevant subject area, but recognises that experienced teachers can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of teaching experience.

Suitable qualifications for the Level 2 Award in Healthier Food and Special Diets include:

- a) Degree or Dip. HE in:
  - Nutrition
  - Dietetics
  - Home Economics
  - Biology
  - Hospitality and Catering

## Hotel Catering and Management

or one that contains modules / units in nutrition.

- b) HNC/D in one of the above.
- c) Level 3 qualification in Nutrition such as:
  - The Royal Society for the Promotion of Health's *Diploma in Nutrition*
  - GCE 'A' Level in Nutrition
- d) Level 3 qualifications in Biology, Human Biology, Home Economics or Applied Science that contain modules / units in nutrition awarded by:
  - 'A' Level Awarding Bodies
  - BTEC / Edexcel
  - City and Guilds of London Institute
- e) Relevant qualifications awarded by HCIMA that contain modules / units in nutrition.

Centres should be registered with the RSPH.

Any enquiries about this qualification should be made to:

The Qualifications Department,  
Royal Society for Public Health  
3<sup>rd</sup> Floor  
Market Towers  
1 Nine Elms Lane  
SW8 5NQ

## Appendix One: Key Skills Guidelines

This qualification provides a number of opportunities for candidates to develop competence in key skills and to produce evidence towards attainment of key skills. Successful completion of the qualification does not in itself imply attainment of the listed key skills; this is dependent on the candidate producing a portfolio of evidence and the teaching and learning methods adopted by the tutor(s) and candidate in the delivery of the qualification.

The specification content, which provides the most appropriate opportunity for key skill development, is signposted below.

### Application of Number

<b><i>Skill</i></b>	<b><i>Specification Content</i></b>
<b>N2.1</b> Interpret information from a suitable source.	Information regarding the recommended daily intake of nutrients could be obtained from tables and graphs. Information on the nutrient composition of particular food commodities can be obtained from tables and pie charts
<b>N2.2</b> Use your information to carry out calculations to do with: a amounts or sizes b scales or proportion c handling statistics d using formulae.	Information on the nutrient content of different foods can be used to calculate if an individual's diet is providing the recommended daily amounts of nutrients.

### ***Communication***

<b><i>Skill</i></b>	<b><i>Specification Content</i></b>
<b>C2.1a</b> Take part in a group discussion.	Any part of the content could be used as the basis for a discussion

**C2.2** Read and summarise information from at least **two** documents about the same subject. Each document must be a minimum of 500 words long.

Information about any part of the content could be obtained from leaflets, books and articles.

***Information and Communication Technology***

***Skill***

***Specification Content***

<b>ICT1.1</b> Find and select relevant information.	Information about any part of the content could be obtained from and presented by the use of Information Technology
<b>ICT2.1</b> Search for and select information to meet your needs. Use different information sources for each task and multiple search criteria in at least one case.	Information about any part of the content could be obtained from leaflets, books and articles.