

Level 2 Award in Healthier Food & Special Diets (formerly Level 2 Award in Nutrition)

The benefits of a healthy and varied diet are indisputable. The government is committed to reducing ill health and death caused by diet-related disease and consumers are increasingly aware of the effects of a poor diet. More than ever, caterers need to understand the link between diet and health. People working with food have a responsibility to keep up to date with current recommendations and guidelines. This qualification provides caterers with the fundamental principles of nutrition and the necessary knowledge to effect real change in the eating habits of the nation.

NEW QUALIFICATION

Equivalent to the 'foundation' level

Who needs this qualification?

- Employees in catering preparing and serving food
- those involved in the selection of menus, recipes and ingredients
- Customer facing employees who need to understand customer queries or ascertain needs of individuals
- catering establishments e.g. health care, education

Subjects covered

- The relationship between nutrition, diet and health
- The nutritional requirements of different population groups
- Current policy, legislation and voluntary guidelines
- The effects of food processing on nutrient content
- Nutrition labeling

Outcomes

On completing this qualification candidates will be able to understand:

- nutrition terminology
- that a nutritionally balanced diet has a positive effect on health
- the relationship between diet and health
- that different groups of people require different diets to suit their lifestyle
- the guidance that is available and describe, in general terms, the requirements of the current legislation
- that food processing and manufacture can change the nutritional content of foods
- the importance of accurate nutritional information being available on food products

COURSE INFORMATION

Duration: One day programme

Assessment: Multiple-choice examination

Ofqual Accredited: Yes

Ofqual qualification reference: 500/8118/4

Canolfan Bwyd Cymru/Food Centre Wales, Horeb, Llandysul, Ceredigion, SA44 4JG.

Ffôn/Tel - 01559 362230

Facs/Fax - 01559 362086

e-bost/e-mail - gen@foodcentrewales.org.uk