

Level 2 Award in Nutrition for Health

Course Specification

Guided Learning Time: 8 hours

Total Qualification Time: 14 hours

Ofqual Qualification Number: 603/2159/3

Level 2 = National 5 (SCQF 5)

Description:

This qualification covers the key role of nutrition in health and wellbeing. Its objective is to provide learners with knowledge and understanding of the relationship between diet and health and wellbeing, as well as the role of food labelling and other factors in food choices. It will equip learners with an awareness of the importance of healthy eating and the need to provide special diets/foods for specific clients.

The qualification is useful for those who wish to enhance their existing knowledge of human nutrition. It is also ideal for individuals who are in the catering, hospitality, care or leisure industries who need an understanding of what constitutes nutritious and healthy meals. In the health sector, it would be relevant for health trainers, other health professionals and staff in a range of public services who need a good knowledge of human nutrition.

Learners who achieve this qualification can progress to the RSPH Level 3 Award in Nutrition.

Learning Outcomes

To achieve this qualification a candidate must:

- 1. Understand healthy eating guidelines in comparison with the average UK diet, with reference to:**
 - 1.1 Current UK government guidelines for a healthy balanced diet
 - 1.2 Foods which are good sources of 'macronutrients' and 'micronutrients'
 - 1.3 The concept of energy balance
 - 1.4 Examples of how food intake in the UK differs from the current guidelines
- 2. Understand how diet affects health and wellbeing, with reference to:**
 - 2.1 The main diseases in the UK that have a link to food intake
 - 2.2 How food/drink choices, preparation and cooking methods can impact on a person's health
 - 2.3 How food allergies and food intolerances can affect individual wellbeing
 - 2.4 How food/menu labelling helps the consumer identify healthy options as part of a healthy diet
- 3. Understand the factors that influence food choices, with reference to:**
 - 3.1 The factors (religious, ethical, economic) that can influence food choice
 - 3.2 The tools for changing eating habits
 - 3.3 Reliable sources of nutritional information

Delivery Options and Examination

We offer this course both in-person and via e-learning. The class-based course is run over 2 days in person, and the e-learning course is self-paced and can be completed at your convenience using our online learning management system. Dates for upcoming class-based courses can be found on the Training Page of our website.

In both cases, attainment of the learning outcomes will be assessed by a multiple-choice examination. Candidates require a score of at least 20/30 in the examination to pass. The multiple choice examination consists of 30 questions and the duration is 45 minutes. For e-learning the examination can be taken remotely or at our training centre in Glasgow. In some cases, we may be able to arrange an alternative location, please contact us to discuss this option.