

Level 3 Award in Nutrition for Health

Course Specification

Guided Learning Time: 23 hours

Total Qualification Time: 30 hours

Ofqual Qualification Number: 603/2411/9

Level 3 = Higher (SCQF 6)

Description:

This qualification is suitable for people working in the catering, hospitality, leisure or care sectors and others who are in a position to promote healthy eating. It is also relevant to health and teaching professionals who might have a role in the promotion of healthy eating or the preparation of meals, menus and diets.

The qualification's objective is to provide learners with the knowledge and understanding of a healthy balanced diet and how this can be applied to adjust diets/menus to align them with healthy eating guidelines, as well as how to deliver healthy eating messages, either through changes to food choices/diets/menus or broader health campaigns. It also covers the relationship between diet and health and wellbeing, including the role that other influences, such as internal and external triggers, may have on diet.

Upon completion of this qualification, learners will understand and apply healthy eating guidelines and/or information provided by nutrition professionals to the development of recipes and menus, in order to provide healthy balanced options to meet the needs of individuals or groups.

Learners who achieve this qualification can progress to the RSPH Level 4 Award in Nutrition.

Learning Outcomes

To achieve this qualification a candidate must:

- 1. Understand how to plan and promote healthier food choices, with reference to:**
 - 1.1 Key factors to consider when communicating healthy eating messages
 - 1.2 Examples of how healthy eating messages may be adapted for certain populations
 - 1.3 Ways in which sources of reliable nutrition information are delivered
- 2. Understand the internal and external factors that drive food choices, with reference to:**
 - 2.1 What a “trigger” is and how it may affect personal food choices
 - 2.2 Examples of internal and external triggers and the impact they may have on food choices
 - 2.3 Ways in which an individual can use triggers to improve food choices
- 3. Understand how to identify improvements within a specific diet or menu, with reference to:**
 - 3.1 Areas within a provided food diary where alternatives could be suggested to better comply with healthy eating guidelines
 - 3.2 Areas within the average British diet where alternatives could be suggested to better comply with healthy eating guidelines
 - 3.3 How factors (gender, age and culture) can influence acceptable alternatives in food choices
- 4. Understand how to address specific health conditions by changing a diet or menu, with reference to:**
 - 4.1 Specific health conditions and the role nutrition plays in each
 - 4.2 How to adapt diets or meal plans for specific health conditions
 - 4.3 The impact that cooking methods may have on health

Delivery Options and Examination

We offer this course both in-person and via e-learning. The class-based course is run over 3 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 26/40 in the examination to pass. The exam consists of 40 questions and the duration is 120 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.