Level 1 Award in Healthier Food and Special Diets

January 2011

This qualification has a Credit value of 1

4 Guided Learning Hours

Ofqual Qualification Number: 600/0539/7

Description:

This qualification is ideal for those who wish to increase their knowledge and understanding of healthy foods and diets. Individuals who are starting out in the catering and hospitality industry will find this an ideal starting point from which to learn about providing nutritional and healthy meals. It will also be a useful qualification for carers and others whose job involves providing meals for people who may require special diets.

The aim of this qualification is to equip candidates with an awareness of the importance of eating healthily and of the need for certain individuals to have special diets. The qualification provides an introduction to the relationship between diet, health and the importance and principles of a well balanced diet, and covers the best sources of the key nutrients.

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Summary of Outcomes:

To achieve this qualification a candidate must:

1. **Understand the principle of healthy food,** *by being able to:*

   1.1. State the benefits of healthy food.
   1.2. Identify examples of 'healthy' and 'non-healthy' food
   1.3. State the consequences of not having a healthy diet
   1.4. Outline Government guidelines for healthy eating.

2. **Understand the need for special diets,** *by being able to:*

   2.1. State the nutrient requirements of individuals during different stages of their life
   2.2. Describe the principle types of special diets that may be required or chosen by individuals
   2.3. State where individuals can obtain information about special diets and the nutrient content of food.

Content:

1. **The principle of healthy food**

   1.1. Benefits of healthy food: effect on health and well-being of a balanced diet; concept of 'a healthy diet'.

   1.2. 'Healthy' and 'non-healthy' food: foods which are good sources of *energy,* carbohydrates, protein, fibre, minerals (calcium, iron) and vitamins (sources of specific vitamins not required); foods which are low in fat, sugar and salt; foods which are high in fat, sugar and salt; main role of these nutrients in the body.

   1.3. Consequences of not having a healthy diet: outline of the link between a poor diet and ill-health, to include obesity, coronary heart disease, type II diabetes, anaemia and dental caries.

   1.4. Government guidelines for healthy eating: role of government departments in setting guideline daily amounts of nutrients (knowledge of actual values of guideline daily amounts required for salt only); government recommendations for healthy eating such as 'eat five a day' and the 'Eatwell' plate; composition of the 'Eatwell' plate; examples of portion sizes for fruit and vegetables; role of Government in setting standards of nutrition for those in schools, care homes, hospitals and custodial care .

2. **The need for special diets**

   2.1. Nutrient requirements of individuals: normal nutrient requirements of children, adolescents, adults, pregnant women, breast feeding mothers and the elderly.

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2.2. Principle types of special diets: main changes from normal nutrient requirements required by the sick and infirm, individuals with food allergies or intolerances (eg wheat), the overweight; diabetic diets; diets that are low in calories (energy), salt, sugar or fat; vegetarian diets; examples of religions that have specific dietary rules.

2.3. Where information can be obtained about special diets and the nutrient content of food: role of doctors and state registered dietitians in providing advice on special diets for medical reasons; use of food labels for determining if specific foods are high or low in specific nutrients.

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 12 correct answers in the examination.

The examination will consist of 20 multiple choice questions, to be completed in 45 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 Level 1 (but see notes on Special Assessment Needs below)

Useful Websites:

Food Standards Agency http://www.food.gov.uk
Eatwell Website http://www.eatwell.gov.uk/healthydiet/eatwellplate/
Department of Health http://www.dh.gov.uk/en/index.htm
British Nutrition Foundation http://britishnutrition.org.uk/home.
British Dietetic Association http://www.bda.uk.com/foodfacts/
British Diabetic Association (for special diets for diabetics)
http://www.diabetes.org.uk/Guide-to-diabetes/Food_and_recipes/

Weightwise (www.bdaweightwise.com)
National Minimum Standards (www.dh.gov.uk)

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 1
Communication Level 1
Information and Communication Technology Level 1

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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.
Moral and Ethical	Moral and ethical issues can be developed in a discussion of the 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 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.
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.

National Occupational Standards

The qualification has been mapped to the following National Occupational Standards of People 1st.

Unit 3FPC13 Prepare, cook and finish healthier dishes

Further details of these National Occupational Standards can be obtained from RSPH Qualifications.

Special Assessment 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

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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 1 Award in Healthier Food and Special Diets include:

a) Degree or Dip. HE in: Food Science
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 RSPH Level 3 Award in Nutrition for Healthier Food & Special Diets
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
John Snow House
59 Mansell House,
London E1 8AN

Tel: 020 7265 7300
Fax: 020 7265 7301
www.rsph.org.uk

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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

Skill		Specification Content
N1.1.	Interpret information from two different sources. One must be a chart, table, graph or diagram.	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

Communication

Skill		Specification Content
C1.1	Take part in either a one-to-one discussion or a group discussion.	Any part of the content could be used as the basis for a discussion
C1.2.	Read and obtain information from at least one document.	Information about any part of the content could be obtained from leaflets, books and articles.

Information and Communication Technology

Skill		Specification Content
ICT1.1	Find and select relevant information.	Information about any part of the content could be obtained from and presented by the use of Information Technology

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