

## Fundamentals of Nutrition

### Description:

The *Fundamentals of Nutrition* is a Level 2 qualification concerned with the basic principles of nutrition, 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. The qualification's learning outcomes cover the role of a healthy diet in relation to health, the nutrient content of different foods and diets, how food processing affects the nutritional quality of food and how a nutrient deficiency or excess can contribute to ill health.

The material for this qualification can be covered within 9 Guided Learning Hours.

## Summary of Outcomes:

To achieve this qualification a candidate must:

1. **Review the composition of a balanced diet**
2. **Outline the nutrient content of different foods and diets**
3. **Describe how various processes affect food quality**
4. **State the contribution to ill health of nutrient deficiency and excess**

## Content:

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

*Recommendations.* Recommended daily intake of nutrients. Recommended intakes for children, adolescents, pregnant women, nursing mothers, the elderly, the sick and infirm, the overweight.

*Food composition.* Carbohydrates, fat, protein, minerals and vitamins.

*Biological role of nutrients.* Introduction to the role of nutrients in growth and body maintenance.

### 2. **Nutrient content**

*Food groups:* Main nutrient content of different foods.

*Types of diet:* Omnivorous, vegetarian, vegan and ethnic minority diets. Nutrient content. Potential nutrient deficiencies.

*Special situation diets.* Special requirements of young babies, children, adolescents, pregnant women, nursing mothers, the elderly, the sick and infirm, the overweight.

*Food "style".* Advantages and disadvantages of fresh food, convenience foods and fast foods. Differences in nutrient content.

*Food labelling:* Content and layout of food labels. "Best Before" and "Use By" dates. Interpreting food label information.

### 3. **Food processing and food quality**

*Food storage.* Methods of food storage and preservation. Effect of storage on nutrient content, food quality and acceptability.

*Processing and cooking.* Effect of processing and cooking on nutrient content, food quality and acceptability; processing and cooking techniques for optimisation of nutrient content.

*Food additives:* Uses, advantages and disadvantages of additives. "E" numbers. Range of additives.

### 4. **Nutrient deficiency and excess**

*Ill health due to nutrient excess.* Obesity, cardio-vascular disease, cancer, hypertension, diabetes, dental caries.

*Ill health due to nutrient deficiency.* Vitamin deficiency, mineral deficiency, rickets, anaemia, bowel cancer.

*Diseases due to food intolerance.* Coeliac disease, lactose intolerance, food allergies.

### **Assessment:**

Attainment of the Learning Outcomes will be assessed by a multiple-choice examination of 30 minutes consisting of 20 questions. The examination is provided by the RSPH. A candidate who is able to satisfy the learning outcomes will be awarded a score of at least 60% in the examination.

### **Guidance:**

The following web-sites have useful information:

Department of Health [www.doh.gov.uk](http://www.doh.gov.uk)

British Nutrition Foundation [www.nutrition.org.uk](http://www.nutrition.org.uk)

Food Standards Agency [www.foodstandards.gov.uk](http://www.foodstandards.gov.uk)

The following texts might also be helpful.

MAFF 1995 Manual of Nutrition. 10<sup>th</sup> Edition

Doyle, W 1995 Nutrition: An introduction

Balmforth, H 1992 A Chef's Guide to Nutrition

Food Standards Agency. Catering for Health

**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).

**Special Needs:**

Centres that have candidates with special needs should consult the RSPH *Regulations and Guidance for Candidates with Special Assessment Needs*, this is available from RSPH and its 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 *Fundamentals of Nutrition* 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) any of the Level 3 or Level 4 qualifications in Nutrition offered by the RSPH.
- 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.

## National Qualifications Frameworks

Centres should note that the *Fundamentals of Nutrition* is not accredited by the awarding body regulator Ofqual and is not part of the National Qualifications Framework or the Qualifications and Credit Framework. Centres are advised to check the availability of government funding for this qualification if this is required.

The RSPH does offer accredited qualifications in nutrition – see the RSPH website [www.rsph.org.uk](http://www.rsph.org.uk) for options.

Centres should be registered with RSPH. See the website for details of how to register as a centre.

Any enquiries about this qualification should be made to:

The Qualifications Department,  
Royal Society for Public Health,  
1 Nine Elms Lane,  
London SW8 5NQ  
Tel. 0203 177 1600  
E.mail [centresupport@rsph.org.uk](mailto:centresupport@rsph.org.uk)