

Level 1 Award in Healthier Food and Special Diets

January 2007

4 Guided Learning Hours

Description:

Reports on the nation's health show that the UK population is suffering disproportionately from disorders such as obesity, coronary heart disease, high blood pressure, stroke, type 2 diabetes, dental caries, liver cirrhosis and certain types of cancer. Poor diet can be a contributory factor to each of these and people of all ages can be affected. The Government has targets and initiatives to improve the statistics related to the incidence of some of these disorders and the Food Standards Agency has spearheaded a number of initiatives on a balanced diet.

Some people require or choose a special diet - for medical, religious, cultural, ethical or other reasons. National Minimum Standards, which include standards in relation to the provision of food, have been produced for schools, care homes for older people and other institutions where people are looked after; and these reflect Government policy, both on content and on facilitating choice.

The provision of this qualification contributes to the national effort to improve the nation's health through a better understanding of the importance of eating healthily.

While this qualification is open to all, it will be of particular value in raising awareness in those intending to work in providing meals in the following sectors:

- Catering, including the cost sector
- Hospitality and leisure
- Health and community care

It will also be appropriate as part of lifestyle education for young people.

The aim of this qualification is to equip candidates with an awareness of the importance of eating more healthily and of the need for certain individuals to have special diets

This qualification provides an introduction to the relationship between diet, health and disease, and the importance and principles of a well balanced diet. It provides an awareness that special attention needs to be paid to the diets of vulnerable groups of people, who can easily suffer a lack of certain nutrients. It also refers to the importance of special diets for individuals who require or choose one for medical, ethical or other reasons. Reference is made to relevant Government guidelines.

The Level 1 Award in Healthier Food and Special Diets is a single unit qualification. All outcomes are assessed.

Summary of Outcomes:

To achieve this qualification a candidate must:

1. **Demonstrate awareness of healthier food, by being able to state:**
 - The benefits of healthy ingredients
 - Sources of healthy ingredients
 - The consequences of not having healthy ingredients
 - The broad nature of current government guidelines

2. **Identify the need for special diets, by being able to state:**
 - The principal vulnerable groups and the nutrients they require.
 - The principal types of special diets that may be required or chosen by certain individuals.
 - The role of the Dietician

(See below for full detail of outcomes)

It should be noted that food safety in relation to the provision of food is not covered in this syllabus. The RSPH provides a range of qualifications in food safety which meets this need.

Content:

To achieve this qualification a candidate must:

1. **Demonstrate awareness of healthier food by being able to state:**

Benefits of healthy ingredients: The importance, and benefits, of maintaining good health, irrespective of age, health status or social circumstances, and the relationship to health of a balanced diet and healthy ingredients; the 'Eatwell Plate' as a model for a healthy diet.

Sources of healthy ingredients: How to provide five portions of fruit and vegetables in the diet each day; examples of foods that are major sources of fat, sugar, salt and which should therefore, in normal circumstances, be eaten only in small quantities to maintain health.

The consequences of not having healthy ingredients: The link between diet and disorders such as obesity and coronary heart disease (brief outline only).

Current government guidelines: The broad purpose of Government guidelines for healthy eating including the 'Eatwell Plate': its composition and benefits and the standards in nutrition for those in schools, care homes, hospitals, custodial care

Identify the need for special diets by being able to state:

Vulnerable groups and the nutrients they require: The principal vulnerable groups in society and their particular nutritional needs: Children and toddlers, teenagers, pregnant and lactating women, elderly people, those from poorer communities whose access to fresh foods may be limited.

Special diets: The nature (outline only) of the principal medical and social special diets, including: Vegetarian, diabetic, allergies and intolerances, low calorie, low salt, low fat

The role of the Dietician in providing advice to those requiring special diets for medical reasons. (Brief outline only).

Relevance to Industry

All Outcomes correlate with the Knowledge and Understanding statements of Unit 2FPC 13/05, "Prepare, cook and finish healthier dishes", published by the Sector Skills Council, People 1st Ltd, as part of the National Occupational Standards (NOS) of competence for the catering and hospitality industry.

Registration of Training / Examination Centres

Training Centres wishing to provide courses leading to the RSPH Level 2 Award in Healthier Food and Special Diets should first apply to RSPH for registration.

Prospective trainers will normally have:

- at least a Level 3 (or equivalent) qualification or unit in human nutrition, healthy eating or similar, from a recognised awarding body.
- a training qualification and/or practical experience of training.

Full details of registration procedures and application forms are available from the RSPH website (www.rsph.org.uk).

Examinations for this qualification can be held on demand and exam bookings can be made online via the RSPH website or directly with

The Qualifications Department,
Royal Society for Public Health
3rd Floor
Market Towers
1 Nine Elms Lane
SW8 5NQ

Exam bookings should be made at least two weeks before the date of the examination. Bookings made less than two weeks before the date of the examination will be subject to a late booking fee.

Examination Centres may wish to make special arrangements for candidates for whom the standard examination format might present difficulties. Full details and the special arrangements form can be found on the RSPH website.

Pre-Course Entry Requirements

There are no mandatory pre-course requirements. However, it is recommended that candidates have basic standards of literacy and numeracy equivalent to Level 1.

Entry to Examination

There are no mandatory requirements for entry to this examination. However, it is strongly recommended that candidates undertake a course of instruction approved by the RSPH and covering the outcomes detailed below prior to taking the examination.

Application for entry to the examination must be made through an RSPH Registered Centre.

Assessment

The assessment will consist of one examination paper of 20 multiple choice questions to be answered in 45 minutes.

To attain a pass, candidates must achieve 13 correct answers out of 20.

To attain a credit, they must achieve 17 correct answers out of 20.

Examination Results and Certificates

RSPH Registered Centres will be supplied with a results list stating whether candidates have passed or failed the examination and indicating the grade.

Certificates for successful candidates are normally sent to RSPH Registered Centres for distribution to candidates.

Progression

Successful candidates may progress to a Level 2 qualification in nutrition such as the RSPH Level 2 Award in Healthier Food and Special Diets, for which the specification is available on the RSPH website.

Other Issues

The course of study in preparation for this examination may provide opportunities for developing understanding of wider issues that affect us all. Some areas for consideration are given below.

Spiritual, social and cultural issues Candidates could discuss the social and cultural trends in taste and lifestyle, that may influence the foods we eat or avoid, where and how we eat (eg snack foods, specialised or ethnic foods, more convenience foods), all of which may have an effect on our general health.

Moral and ethical issues Candidates could consider moral and ethical issues relating to the healthy eating, especially the obligation of those who have a role in providing meals for others, to ensure that the meals are nutrition ally appropriate for the recipients.

Economic issues Candidates could discuss the impact on the wider economy of poor health caused by poor diet.

Environment and sustainability issues Candidates could discuss the need for environmental sustainability in relation to their choice of foods.

European and global issues

The World Health organization (WHO) standards on nutrition and health are reflected in this award.

Key Skills

The outcomes of the RSPH Level 1 Award in Healthier Food and Special Diets provide opportunities for developing and assessing Key Skills.

The examination does not directly assess Key Skills, but the knowledge required, if put into practice during a course, would require the application of Key Skills which might be independently assessed at the same time in line with published guidance. See Appendix for further guidance if required.

Appendix

Key Skills

The RSPH Level 1 Award in Healthier Food and Special Diets does not directly assess key skills, but the delivery of it may provide opportunities for generating evidence for, key skills which might be independently assessed in line with published guidance. Some examples of such opportunities are given below, but it is recommended that tutors first read the relevant key skills standards and guidance which can be accessed at http://www.qca.org.uk/qca_6455.aspx

Application of Number

<i>Skill</i>	<i>Specification Content</i>	<i>Suggested Activity</i>
N1.1.	Interpret information from two different sources. One must be a chart, table, graph or diagram.	Candidates could be asked to interpret information from two relevant documents. One could be the Balance of Good Health model which candidates could be asked to interpret in terms of the types of foods which make up a healthy diet. Amend to Eatwell plate

Information and Communication Technology

<i>Skill</i>	<i>Specification Content</i>	<i>Suggested Activity</i>
ICT 1.1.	Find and select relevant information.	Candidates could search a website (eg of The Food Standards Agency, People 1 st Sector Skills Council, British Nutrition Foundation) for information relevant to the syllabus.

Communication

C1.1	Take part in either a one-to-one discussion or a group discussion.	Candidates could discuss several aspects of the syllabus including the matters described in "Other Issues" below.
C1.2.	Read and obtain information from at least one document.	Candidates could read material found when looking at websites, in relation to ICT1.1 above, and identify the main points covered.