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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Unit: Healthier food and special diets

Credit Value: 1
Guided Learning Hours: 4
Unit Level: 1
Unit reference number: T/502/9045

Summary of Outcomes:

To achieve this qualification a candidate must:

1. **Understand the principle of healthy food, by being able to meet the following assessment criteria:**
   
   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 meet the following assessment criteria:**

   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.

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.

**Centre 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)
Recommended Reading:

Blades, M  Healthier Food and Special Diets RSPH 2012

Useful Websites:

Food Standards Agency  http://www.food.gov.uk
Eatwell Website http://www.eatwell.gov.uk/healthydiet/eatwellplate/
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)

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

How to apply to offer this qualification:

To become a centre approved to offer this qualification, please complete the ‘Centre Application Form’ which can be found on our website in the Qualifications and Training section. If you are already an approved centre, please complete the ‘Add an additional qualification form’ which can be downloaded from the Centre area on the website www.rsph.org.uk Please ensure that you include details of your quality assurance procedures. You will need to attach a CV to this application. Please contact the Qualifications Department at centreapproval@rsph.org.uk if you need any assistance.
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, Tel: 020 7265 7300
Royal Society for Public Health Fax: 020 7265 7301
John Snow House
59 Mansell House,
London E1 8AN

www.rsph.org.uk