

RSPH Level 4 Certificate in Nutrition for Food Service Providers

November 2022

Total Qualification Time: 130 Hours

Guided Learning Hours: 70 Hours

Credit Value: 13

Ofqual Qualification Number: 610/1645/7

Description

This is a Level 4 qualification suitable for individuals who require an understanding of nutrition and diet and their effect on health. It is particularly relevant for people working in the health, fitness or catering professions who might have a role in the promotion of healthy eating or the preparation of meals, menus and diets. The objective of the qualification is to increase knowledge and understanding of the nutritional requirements for a healthy diet, the effect of diet on health and the importance of hydration. These principles are then applied to fulfilling the dietary requirements for individuals utilising the catering services of a particular food service provider.

Learners will take two units: *Principles of Nutrition* and one of the *Nutrition for Food Service Providers* units which is applicable to their needs. The qualification will be awarded to any learner who attains the learning outcomes for these units.

The following pathways are available for this qualification:

Hospitals (unit NUT 4.2a)
Educational Establishments (unit NUT 4.2b)
Custodial Services (unit NUT 4.2c)
Care Services (unit NUT 4.2d)
Armed Forces (unit NUT 4.2e)

A separate Level 4 Award is available for candidates wishing to take only the *Principles of Nutrition* unit.

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Unit NUT 4.1: Principles of Nutrition

Guided Learning Hours: 35

Total Unit Time: 65 hours

Level: 4

Unit reference number: J/504/4245

Learning Outcomes and Assessment Criteria

- 1 Understand the sources, functions and uses of macro and micro nutrients, *by being able to:***
 - 1.1 Identify dietary sources of macro and micro nutrients
 - 1.2 Explain the physiological functions of macro and micro nutrients

- 2 Understand the energy, nutrient and hydration requirements of individuals throughout life, *by being able to:***
 - 2.1 Explain the components of energy consumption and expenditure
 - 2.2 Explain the energy, hydration and nutrient requirements at different lifetime stages
 - 2.3 Outline factors that affect energy, nutrient and hydration requirements of individuals in relation to social, cultural, religious and ethnic groups

- 3 Understand the effects of diet on health, *by being able to:***
 - 3.1 Describe the relationship between diet and disease
 - 3.2 Describe possible dietary influences for different groups

- 4 Understand legislation as it relates to labelling and advertising of foods, *by being able to:***
 - 4.1 Assess how food labels conform to legislative requirements
 - 4.2 Outline the legal requirements in relation to health claims and nutrition claims

Content

1 Sources, functions and uses of macro and micro nutrients

1.1 *Dietary sources of macro and micro nutrients:*

Carbohydrates: simple and complex sugars; starches; non-starch polysaccharides; food sources.

Protein: essential (indispensable) and non-essential amino acids; biological value; complementation; food sources.

Fats: saturated, monounsaturated and polyunsaturated; omega 3; trans-fats; food sources.

Vitamins: water soluble (B vitamin group to include B1, B2, B6, B12, Folate and Vitamin C) and fat-soluble (Vitamins A, D, E, K) food sources; losses; fortification and supplementation.

Minerals: mineral elements (Iron, Calcium, Phosphorus, Sodium, Potassium, Zinc, Chloride, Magnesium, Selenium, Fluoride); food sources; fortification and supplementation.

1.2 *Physiological functions of macro and micro nutrients:*

Carbohydrates: as energy source; role of dietary fibre.

Protein: growth and maintenance; as a source of energy.

Fats: as energy source; source of fat-soluble vitamins; role of cholesterol and triglycerides; essential fatty acids.

Vitamins: physiological roles; antioxidants.

Minerals physiological roles; structural roles.

2 Hydration, dietary requirements and food choices of individuals throughout life

2.1 *Components of energy consumption and expenditure:*

Units of energy content of food (calories, joules, kilocalories, kilojoules); energy sources, e.g. fats, carbohydrates, proteins, alcohol; contribution of these to energy consumption; indicators of energy consumption and expenditure such as body composition, body weight, skin fold measurements, Body Mass Index (BMI).

Energy expenditure: basal metabolic rate, energy used in different activities such as running, walking, cycling, swimming; energy expenditure of different occupations.

2.2 *Energy, hydration and nutrient requirements at different lifetime stages:*

Energy requirement across the lifespan (babies, toddlers, children, adolescents, adults, pregnancy, breast feeding, older age).

Hydration requirements across the lifespan (babies, toddlers, children, adolescents, adults, pregnancy, breast feeding, older age).

Nutrient requirements across the lifespan (babies, toddlers, children, adolescents, adults, pregnancy, breast feeding, older age).

Effect of alcohol on hydration.

Use of Dietary Reference Values to measure nutrient requirements taking into account current guidance and to include the Eatwell Plate.

- 2.3 *Factors that affect nutrient requirements in relation to social, cultural, religious and ethnic groups:* factors affecting requirements of individuals such as level of activity, metabolic rate, health status; requirements of communities; lifestyle choices: vegetarian and vegan; religious groups (including Hindu, Muslim and Jewish); effect of food preparation methods on nutrient content of meals.

3 **Effects of diet on health**

- 3.1 *Relationship between diet and disease:* Diseases to include
Dental caries: roles of sugars and acids.
Coronary heart disease and hypertension: roles of fats, salt, antioxidants and obesity.
Obesity and Type 2 diabetes: roles of carbohydrate, saturated fat and weight loss.
Under nutrition: anaemia due to iron deficiency or lack of Vitamin B12; rickets due to lack of Vitamin D and calcium; severe weight loss due to lack of calories.
Cancer: roles of antioxidants, fibre, salt and alcohol.
Food sensitivity: such as coeliac disease, nut allergy and milk intolerances.
- 3.2 *Possible dietary influences for different groups:*
Dietary habits: e.g. meal patterns, snacking, personal tastes, food availability
Economic: e.g. cost of food, access to shops; food supply, eg seasonal variation
Socio-cultural: e.g. beliefs, socialisation, food rituals, role of food in families and communities, vegan, vegetarian, Hindu, Muslim, Jewish
Education, e.g. public health, health education, marketing and labelling; role of health professionals

4 **Legislation as it relates to labelling and advertising of foods**

- 4.1 *Food labelling requirements:* Assessment of food labels with respect to legislative requirements; front of pack labelling, guidance and voluntary information.
- 4.2 *Legal requirements in relation to health claims and nutrition claims:* Current regulations, guidance, prohibited claims.

Unit NUT FSP 4.2a: Nutrition for Food Service Providers (Hospitals)

Guided Learning Hours: 35

Total Unit Time: 65 Hours

Level: 4

Unit reference number: F/650/4581

This unit is relevant to individuals working in the catering service of hospitals or who work for an external provider of catering and / or nutritional services to hospitals.

Learning Outcomes and Assessment Criteria

- 1 Understand the different nutritional requirements of the groups relying on the catering service operated by hospitals *by being able to:***
 - 1.1 Outline the varying nutritional requirements of individuals using catering services operated by hospitals
 - 1.2 Explain the nutritional principles to be used in menu design by catering services operating in hospitals
 - 1.3 Design menus appropriate to the catering service operated by hospitals

- 2 Understand current requirements relating to the provision of meals by hospitals, *by being able to:***
 - 2.1 Outline the legislative requirements and/or guidelines in relation to nutrition and hydration for hospitals
 - 2.2 Explain methods by which the legislative requirements and/or guidelines may be met

- 3 Know how to develop the expertise requirements of staff in the catering service operated by hospitals, *by being able to:***
 - 3.1 Explain how the current levels of staff knowledge and expertise may be assessed
 - 3.2 Develop a training course appropriate to the needs of staff
 - 3.3 Review the effectiveness of the staff training

Content:

1 Different nutritional requirements of the groups relying on the catering service operated by hospitals

- 1.1 *Varying nutritional requirements of individuals:* Varying nutritional requirements of users of hospital catering services
- 1.2 *Nutritional principles to be used in menu design:* Nutritional principles specifically associated with hospitals in relation to nutrient and hydration requirements and provision.
- 1.3 *Menus appropriate to hospital catering services:* Menus suitable for the specific requirements of different groups.

2 Current requirements related to the provision of meals by hospitals

- 2.1 *Legislative requirements and/or guidelines in relation to nutrition and hydration for hospitals:* Current and proposed legislation and guidance; budgetary constraints.
- 2.2 *Methods by which the legislative requirements and/or guidelines may be met:* Policies and procedures; reviews; audit.

3 How to develop the expertise requirements of staff in the catering service operated by hospitals

- 3.1 *How current levels of staff knowledge and expertise may be assessed:* Training needs analysis, questioning of staff, questionnaires, examination of CVs, observation.
- 3.2 *Training course appropriate to needs of staff:* Content, physical resources, e-learning, workshops, shadowing, delivery team, use of consultants, course assessment.
- 3.3 *Effectiveness of the staff training:* Feedback, practices, observation.

Unit NUT FSP 4.2b: Nutrition for Food Service Providers (Educational Establishments)

Guided Learning Hours: 35

Total Unit Time: 65 Hours

Level: 4

Unit reference number: H/650/4582

This unit is relevant to individuals working in the catering service of schools, nurseries or academies or who work for an external provider of catering and / or nutritional services to these establishments.

Learning Outcomes and Assessment Criteria

- 1 Understand the different nutritional requirements of the groups relying on the catering service operated by educational establishments *by being able to:***
 - 1.1 Outline the varying nutritional requirements of individuals using catering services operated by educational establishments
 - 1.2 Explain the nutritional principles to be used in menu design by catering services operating in educational establishments
 - 1.3 Design menus appropriate to the catering service operated by educational establishments

- 2 Understand current requirements relating to the provision of meals by educational establishments, *by being able to:***
 - 2.1 Outline the legislative requirements and/or guidelines in relation to nutrition and hydration for educational establishments
 - 2.2 Explain methods by which the legislative requirements and/or guidelines may be met

- 3 Know how to develop the expertise requirements of staff in the catering service operated by educational establishments, *by being able to:***
 - 3.1 Explain how the current levels of staff knowledge and expertise may be assessed
 - 3.2 Develop a training course appropriate to the needs of staff
 - 3.3 Review the effectiveness of the staff training

Content:

- 1 Different nutritional requirements of the groups relying on the catering service operated by educational establishments**
 - 1.1 *Varying nutritional requirements of individuals:* Varying nutritional requirements of users of catering services in educational establishments
 - 1.2 *Nutritional principles to be used in menu design:* Nutritional principles specifically associated with educational establishments in relation to nutrient and hydration requirements and provision.
 - 1.3 *Menus appropriate to catering services in educational establishments:* Menus suitable for the specific requirements of different groups.

- 2 Current requirements related to the provision of meals by educational establishments**
 - 2.1 *Legislative requirements and/or guidelines in relation to nutrition and hydration for educational establishments:* Current and proposed legislation and guidance; budgetary constraints.
 - 2.2 *Methods by which the legislative requirements and/or guidelines may be met:* Policies and procedures; reviews; audit.

- 3 How to develop the expertise requirements of staff in the catering service operated by educational establishments**
 - 3.1 *How current levels of staff knowledge and expertise may be assessed:* Training needs analysis, questioning of staff, questionnaires, examination of CVs, observation.
 - 3.2 *Training course appropriate to needs of staff:* Content, physical resources, e-learning, workshops, shadowing, delivery team, use of consultants, course assessment.
 - 3.3 *Effectiveness of the staff training:* Feedback, practices, observation.

Unit NUT FSP 4.2c: Nutrition for Food Service Providers (Custodial Services)

Guided Learning Hours: 35

Total Unit Time: 65 Hours

Level: 4

Unit reference number: J/650/4583

This unit is relevant to individuals working in the catering service of prisons, young offender institutions, remand centres or immigration detention centres or who work for an external provider of catering and / or nutritional services to these establishments.

Learning Outcomes and Assessment Criteria

- 1 Understand the different nutritional requirements of the groups relying on the catering service operated by custodial establishments *by being able to:***
 - 1.1 Outline the varying nutritional requirements of individuals using catering services operated by custodial establishments
 - 1.2 Explain the nutritional principles to be used in menu design by catering services operating in custodial establishments
 - 1.3 Design menus appropriate to the catering service operated by custodial establishments

- 2 Understand current requirements relating to the provision of meals by custodial establishments, *by being able to:***
 - 2.1 Outline the legislative requirements and/or guidelines in relation to nutrition and hydration for custodial establishments
 - 2.2 Explain methods by which the legislative requirements and/or guidelines may be met

- 3 Know how to develop the expertise requirements of staff in the catering service operated by custodial establishments, *by being able to:***
 - 3.1 Explain how the current levels of staff knowledge and expertise may be assessed
 - 3.2 Develop a training course appropriate to the needs of staff
 - 3.3 Review the effectiveness of the staff training

Content:

1 Different nutritional requirements of the groups relying on the catering service operated by custodial establishments

- 1.1 *Varying nutritional requirements of individuals:* Varying nutritional requirements of users of catering services in custodial establishments
- 1.2 *Nutritional principles to be used in menu design:* Nutritional principles specifically associated with custodial establishments in relation to nutrient and hydration requirements and provision.
- 1.3 *Menus appropriate to catering services in custodial establishments:* Menus suitable for the specific requirements of different groups.

2 Current requirements related to the provision of meals by custodial establishments

- 2.1 *Legislative requirements and/or guidelines in relation to nutrition and hydration for custodial establishments:* Current and proposed legislation and guidance; budgetary constraints.
- 2.2 *Methods by which the legislative requirements and/or guidelines may be met:* Policies and procedures; reviews; audit.

3 How to develop the expertise requirements of staff in the catering service operated by custodial establishments

- 3.1 *How current levels of staff knowledge and expertise may be assessed:* Training needs analysis, questioning of staff, questionnaires, examination of CVs, observation.
- 3.2 *Training course appropriate to needs of staff:* Content, physical resources, e-learning, workshops, shadowing, delivery team, use of consultants, course assessment.
- 3.3 *Effectiveness of the staff training:* Feedback, practices, observation.

Unit NUT FSP 4.2d: Nutrition for Food Service Providers (Care Services)

Guided Learning Hours: 35

Total Unit Time: 65 Hours

Level: 4

Unit reference number: K/650/4584

This unit is relevant to individuals working in the catering service of care service establishments such as residential or day care services, drop-in centres, lunch clubs, night shelters and related establishments or who work for an external provider of catering and / or nutritional services to these establishments.

Learning Outcomes and Assessment Criteria

1 Understand the different nutritional requirements of the groups relying on the catering service operated by care service establishments *by being able to:*

- 1.1 Outline the varying nutritional requirements of individuals using catering services operated by care service establishments
- 1.2 Explain the nutritional principles to be used in menu design by catering services operating in care service establishments
- 1.3 Design menus appropriate to the catering service operated by care service establishments

2 Understand current requirements relating to the provision of meals by care service establishments, *by being able to:*

- 2.1 Outline the legislative requirements and/or guidelines in relation to nutrition and hydration for care service establishments
- 2.2 Explain methods by which the legislative requirements and/or guidelines may be met

3 Know how to develop the expertise requirements of staff in the catering service operated by care service establishments , *by being able to:*

- 3.1 Explain how the current levels of staff knowledge and expertise may be assessed
- 3.2 Develop a training course appropriate to the needs of staff
- 3.3 Review the effectiveness of the staff training

Content

1 Different nutritional requirements of the groups relying on the catering service operated by care service establishments

1.1 *Varying nutritional requirements of individuals:* Varying nutritional requirements of users of catering services in care service establishments

1.2 *Nutritional principles to be used in menu design:* Nutritional principles specifically associated with care service establishments in relation to nutrient and hydration requirements and provision.

1.3 *Menus appropriate to catering services in care service establishments:* Menus suitable for the specific requirements of different groups.

2 Current requirements related to the provision of meals by care service establishments

2.1 *Legislative requirements and/or guidelines in relation to nutrition and hydration for care service establishments:* Current and proposed legislation and guidance; budgetary constraints.

2.2 *Methods by which the legislative requirements and/or guidelines may be met:* Policies and procedures; reviews; audit.

3 How to develop the expertise requirements of staff in the catering service operated by care service establishments

3.1 *How current levels of staff knowledge and expertise may be assessed:* Training needs analysis, questioning of staff, questionnaires, examination of CVs, observation.

3.2 *Training course appropriate to needs of staff:* Content, physical resources, e-learning, workshops, shadowing, delivery team, use of consultants, course assessment.

3.3 *Effectiveness of the staff training:* Feedback, practices, observation.

Unit NUT FSP 4.2e Nutrition for Food Service Providers (Armed Forces)

Guided Learning Hours: 35

Total Unit Time: 65 Hours

Level: 4

Unit reference number: L/650/4585

This unit is relevant to individuals working in the catering service of the armed forces or who work for an external provider of catering and / or nutritional services to the armed forces.

Learning Outcomes and Assessment Criteria

- 1 Understand the different nutritional requirements of the groups relying on the catering service operated by the armed forces *by being able to:***
 - 1.1 Outline the varying nutritional requirements of individuals using catering services operated by the armed forces
 - 1.2 Explain the nutritional principles to be used in menu design by catering services operating in the armed forces
 - 1.3 Design menus appropriate to the catering service operated by the armed forces

- 2 Understand current requirements relating to the provision of meals by the armed services , *by being able to:***
 - 2.1 Outline the legislative requirements and/or guidelines in relation to nutrition and hydration for the armed forces
 - 2.2 Explain methods by which the legislative requirements and/or guidelines may be met

- 3 Know how to develop the expertise requirements of staff in the catering service operated by the armed forces , *by being able to:***
 - 3.1 Explain how the current levels of staff knowledge and expertise may be assessed
 - 3.2 Develop a training course appropriate to the needs of staff
 - 3.3 Review the effectiveness of the staff training

Content

- 1 Different nutritional requirements of the groups relying on the catering service operated by the armed forces**
 - 1.1 *Varying nutritional requirements of individuals:* Varying nutritional requirements of users of catering services in the armed forces
 - 1.2 *Nutritional principles to be used in menu design:* Nutritional principles specifically associated with the armed forces in relation to nutrient and hydration requirements and provision.
 - 1.3 *Menus appropriate to catering services in the armed forces:* Menus suitable for the specific requirements of different groups.

- 2 Current requirements related to the provision of meals by the armed forces**
 - 2.1 *Legislative requirements and/or guidelines in relation to nutrition and hydration for the armed forces:* Current and proposed legislation and guidance; budgetary constraints.
 - 2.2 *Methods by which the legislative requirements and/or guidelines may be met* Policies and procedures; reviews; audit.

- 3 How to develop the expertise requirements of staff in the catering service operated by the armed forces**
 - 3.1 *How current levels of staff knowledge and expertise may be assessed:* Training needs analysis, questioning of staff, questionnaires, examination of CVs, observation.
 - 3.2 *Training course appropriate to needs of staff:* Content, physical resources, e-learning, workshops, shadowing, delivery team, use of consultants, course assessment.
 - 3.3 *Effectiveness of the staff training:* Feedback, practices, observation.

Learner Guidance

Recommended Reading

Denby, N, S Baic and C Ringler (2011) Nutrition for dummies 2 nd Ed.	John Wiley and Sons
Geissler, C and H Powers (2009) Fundamentals of human nutrition for students and practitioners in the health sciences.	Elsevier
Mann, J and S Truswell (Eds) (2012) Essentials of human nutrition 4 th Ed.	Oxford University Press

Useful Web-sites

British Dietetic Association	www.bda.uk.com
British Nutrition Foundation	www.nutrition.org.uk
The Nutrition Society	www.nutrition society.org

Recommended prior learning

It is recommended that candidates hold a Level 3 qualification in nutrition such as the RSPH Level 3 Award in Nutrition for Healthier Food and Special Diets or the RSPH Certificate in Nutrition and Health.

Centre Guidance

Registration of Candidates and Submission of Internally Assessed Work

Candidates must be registered with RSPH and have a candidate number before any work can be submitted to RSPH for external assessment.

Candidate assignments must be internally assessed and submitted to RSPH with an *candidate assessment front sheet* (available from the centre area of the RSPH web-site www.rsph.org.uk) signed by the candidate and a completed *candidate assessment summary form* for each of the units.

All candidate work for the qualification must be completed and submitted to RSPH within one calendar year of registration (the *registration period*). In the event that candidate work is referred by the external assessor the candidate has a period of three months in which to resubmit the work, or by the end of the registration period, whichever is the shorter. An additional fee will be charged for the resubmission of assignments

In exceptional circumstances RSPH may extend the registration period for a candidate or cohort of candidates.

Assessment

Attainment of the Learning Outcomes for each unit will be assessed by assignments. Assignments will be provided by RSPH and internally marked by the centre. Centre marks will be subject to external verification by RSPH. In order to obtain a *Pass* for each unit, candidates must be able to demonstrate that they have achieved the learning outcomes for the unit.

In order to achieve a *Pass* for the qualification, candidates must obtain a *Pass* for the mandatory unit and one of the option units.

Credit accumulation and transfer

The unit(s) comprising this qualification may also form part of other RSPH qualifications. The successfully completed units can be credited towards additional qualifications if the candidate is registered for the additional qualification within three years of achieving the unit.

Exemptions

Holders of the following qualifications are exempt from Unit 1 of this qualification provided that the qualification has been achieved within five years of registering for the L4 Certificate in Nutrition for Institutional Food Services:

RSPH L4 Advanced Diploma in Nutrition
RSPH Diploma in Nutrition and Health

Holders of the following Open University unit are exempt from Learning outcomes 1 – 3 of unit 1 of this qualification provided that the unit has been achieved within five years of registering for the L4 Certificate in Nutrition for Institutional Food Services:

Open University Unit SK183 Understanding Human Nutrition

Restrictions on Candidate Entry

There are no restrictions on candidate entry.

National Occupational Standards

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

SFHCS24 Contribute to meeting the nutritional needs of babies, children and young people

SFHCHS148 Provide information and advice to individuals on eating to maintain optimum nutritional status.

Special Needs

Centres that have candidates with special assessment needs should consult RSPH's Reasonable Adjustments Policy; this is available from the RSPH website (www.rsph.org.uk).

Progression Opportunities

Learners achieving this qualification are likely to utilise their learning within an environment suitable to the content, which could include hospitals and care homes. Whilst this is a level 4 qualification, the learner could consider adding the RSPH Level 2 Award In Identifying and controlling food allergy risks to this to enhance the support they can offer.

Recommended Qualifications and Experience of Tutors

RSPH would expect that tutors have teaching experience and be qualified to at least level 4 or equivalent in a nutritionally related subject but recognises that experienced teachers can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of teaching experience. It is, however, recommended that tutors have experience of menu planning for a variety of groups

How to apply to offer this qualification

To become a centre approved to offer this qualification, please complete the 'Centre Application' which you can find on our website in the Qualifications and Training section. If you are already an approved centre, please complete the 'Add an additional qualification form' in the Centre area on the website www.rsph.org.uk. 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.

Other Information:

All RSPH specifications are subject to review. Any changes to the assessment or learning outcomes will be notified to Centres in advance of their introduction. To check the currency of this version of the specification, please contact the Qualifications Department or consult the RSPH website.

Centres must be registered with 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

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Fax: 020 7265 7301
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