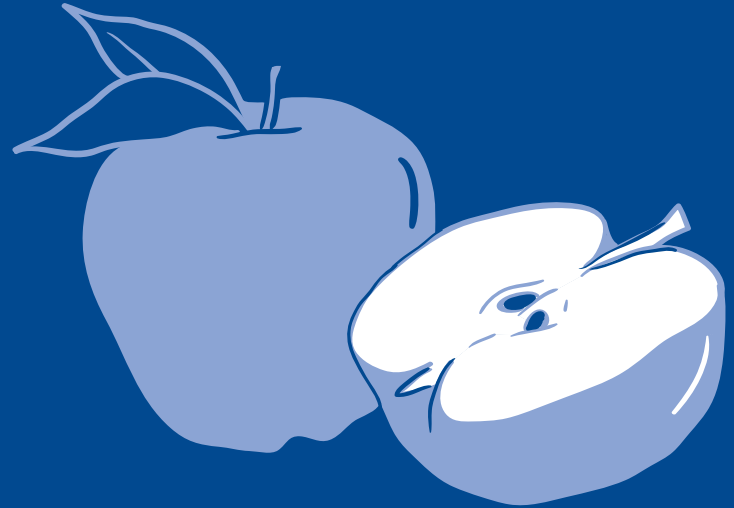


Level 4

Award in Nutrition

This qualification will provide learners with all the information needed to understand nutrition, diet and their effect on our overall health.



WHO NEEDS THIS QUALIFICATION?

- People who work in health & fitness
- Catering professionals
- People who prepare food professionally for others, including chefs
- People who have a role in promoting healthy diets to others
- Community health workers

WHY RSPH?

RSPH is the UK's leading independent OFQUAL regulated awarding body for public health qualifications.

HOW IS THIS QUALIFICATION ASSESSED?

Attainment of the Learning Outcomes for the unit will be assessed by assignments provided by RSPH and internally marked by the centre.

WHAT DOES THIS QUALIFICATION COVER?

- Food sources of the essential macro and micro nutrients
- Understanding the components of energy and expenditure that food provides
- The relationship between diet and disease
- The economics of food including food supply and seasonal changes in the food that is available
- Food labelling requirements and how to understand ingredients in food
- Legal requirements for nutrition and health claims



Guided Learning time:
30 hours

Total qualification time:
48 hours

1 unit

