

RSPH Level 1 Award in Nutrition for Health

August 2022

8 Guided Learning Hours (GLH)

10 Hours Total Qualification Time (TQT)

Credit Value 1

Ofqual Qualification Number: 603/2124/6

Description:

This qualification is for those who wish to obtain a basic knowledge and understanding of human nutrition and how it affects health. Its objective is to provide learners with a basic knowledge of human nutrition and equip them with an awareness of the importance of healthy eating. It is ideal for those considering a role in the catering, hospitality or leisure industries. In the health sector, it would be useful for health trainers, other health professionals and staff in a range of public services who need a basic knowledge of human nutrition.

The qualification provides an introduction to the importance and principles of a well-balanced diet, current public health guidance on healthy eating and the relationship between diet and health.

RSPH is a Business Partner of the Craft Guild of Chefs.



<http://craftguildofchefs.org/>

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Total Unit Time: 10 hours

Guided Learning: 8 hours

Unit Level: 1

Unit reference no: L/616/0329

Summary of Learning Outcomes:

To achieve this qualification a candidate must:

1. Understand the concept of healthy eating, *with reference to:*

1.1 Government guidelines for a healthy balanced diet

1.2 Key issues of concern for public health nutrition

2. Know the composition of a healthy balanced diet, *with reference to:*

2.1 The reference intake values of key nutrients

2.2 Foods that are important sources of key nutrients

2.3 Nutrient requirements at different stages of the lifecycle

3. Understand the role of food labelling in achieving a healthy balanced diet, *with reference to:*

3.1 The purpose of food labelling

3.2 The nutritional and allergen information required on a food label

Candidates successfully achieving this unit will have basic factual knowledge of Nutrition and/or knowledge of facts, procedures and ideas to complete well-defined routine tasks and address simple problems; and is aware of aspects of information relevant to nutrition for health.

Content:

1 Understand the Concept of Healthy Eating

- 1.1 *Government guidelines for a healthy balanced diet:* government advice and guidance on healthy diet as promoted in the Eatwell Guide to its target groups; 5-a- day campaign; physical activity guidance for children and adults as part of NHS advice on a healthy, balanced diet; recommended alcohol intake.
- 1.2 *Key issues of concern:* Micronutrient deficiencies such as vitamin D and iron; obesity; type 2 diabetes; cardiovascular disease; some cancers; dental health; alcohol consumption; eating patterns; examples illustrated by health promotion materials such as Change4life, sugar swaps and BDA food fact sheets.

2 Identify the Composition of a Healthy Balanced Diet

- 2.1 *Reference Intake values for key nutrients:* examples of reference intakes for energy, protein, carbohydrate, fats, salt and sugar based on 2000kcal.
- 2.2 *Foods that are important sources of key nutrients:* examples from the Eatwell Guide for the following nutrients: protein, fat, carbohydrate, vitamins and minerals; effect of different food preparation and cooking techniques on nutritional content of food.
- 2.3 *Different stages of the lifecycle:* energy and nutritional requirements for the following stages of the lifecycle: childhood, adolescence, pregnancy, lactation (as per WHO guidelines on breastfeeding), elderly; reasons for differing requirements at these stages such as growth (use nutrients listed in 2.2).

3 Understand the Role of Food Labelling in achieving a Healthy Balanced Diet

- 3.1 *Purpose of food labelling:* how food labelling can inform consumers in their food choice and the role of this information in planning a healthy balanced diet.
- 3.2 *Nutrition and allergen information:* nutrition labelling using examples of food packaging with 'back-of-pack'/'front-of-pack' labelling; energy and nutrients on 'back-of-pack' nutrition information panel; 'front-of-pack'- information and colour coding and its role in making healthy food choices; understanding the difference between a food allergy and food intolerance. Allergens- ingredients section of food packaging and use of **bold** text. Awareness that there are 14 food allergens cited in legislation and ability to identify an allergen from examples provided.

Assessment:

The knowledge and understanding of the candidates will be assessed by a multiple-choice examination consisting of 20 questions, provided by RSPH. A candidate who is able to satisfy the learning outcomes must score a minimum of 12 out of 20 in the examination. The candidate will have 45 minutes to complete the examination. Strong performance in some areas of the qualification content may compensate for poorer performance in other areas.

Progression:

Learners who achieve this qualification can progress to the RSPH Level 2 Award in Nutrition 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 Level 1 (but see notes on Special Assessment Needs below)

Recommended Reading:

Littlewood G, Tull, A, 2016 AQA GCSE Food Preparation and Nutrition

Ridgewell, J, 2009, Examining Food and Nutrition for GCSE

Useful Websites:

Association for Nutrition: <http://www.associationfornutrition.org/>

British Dietetic Association: <https://www.bda.uk.com/>

British Nutrition Foundation: <https://www.nutrition.org.uk/>

Food Labelling and Packaging: <https://www.gov.uk/food-labelling-and-packaging/overview>

Food Standards Agency: <http://www.food.gov.uk>

Eatwell Guide: <https://www.gov.uk/government/publications/the-eatwell-guide>

NHS Choices Food Labels: <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>

NHS Choices Healthy Eating: <http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

Weightwise: <http://www.bdaweightwise.com/>

Special Assessment Needs:

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

Mapping to National Occupational Standards:

This qualification maps to the following National Occupational Standard developed by Improve:

IMPFT102K Principles of Human Food Nutrition

Further details of these National Occupational Standards and Frameworks can be obtained from RSPH Qualifications.

Mapping to Public Health Skills and Knowledge Framework:

This qualification maps to the following functions of the Public Health Knowledge and Skills Framework (**PHSKF**):

A2.6 facilitate change (behavioural and/or cultural) in organisations, communities and/or individuals

B2.5 Connect communities, groups and individuals to local resources and services that support their health and wellbeing

How to apply to offer this qualification:

To become an approved centre 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 RSPH Level 1 Award in Nutrition for Health include:

- a) UKVRN Registered Nutritionist or an HCPC Registered Dietitian
- b) Degree or Postgraduate qualification 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 qualifications in Nutrition such as:

The RSPH Level 3 Award in Nutrition for Health

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:

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