

## **RSPH Level 4 Award in Nutrition**

July 2019

**30 Guided Learning Hours**  
**48 Total Qualification Time (TQT)**

Ofqual Qualification Number: 600/6873/5

### **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 provide understanding of the nutritional requirements for a healthy diet, the effect of diet on health and the importance of hydration.

Learners will take a single unit: *Principles of Nutrition* but may add additional units at a later date to obtain the RSPH Certificate in Nutrition for Institutional Food Services or the RSPH Level 4 Certificate in Nutrition for Physical Activity and Sport.

**Content:**

	<b>Page</b>
Unit NUT 4.1: Principles of Nutrition	3
Content	4
	5
<b>Learner Guidance</b>	6
Recommended Reading	6
Useful Websites	6
Recommended Prior Learning	6
<b>Centre Guidance</b>	6
Registration of Candidates and Submission of Internally Assessed Work	6
Assessment	7
Credit accumulation and transfer	7
Restrictions on Candidate Entry	7
National Occupational Standards	7
Special Needs	7
Progression	7
Recommended Qualifications and Experience of Tutors	7
How to apply to offer this qualification	8
Contact Information	8

## Unit NUT 4.1: Principles of Nutrition

Guided Learning Hours: 30

Total Qualification Time (TQT): 48

Unit 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.

## Learner Guidance

### Recommended Reading

Denby, N, S Baic and C Ringler (2011) Nutrition for dummies 2 <sup>nd</sup> 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 <sup>th</sup> Ed.	Oxford University Press

### Useful Web-sites

British Dietetic Association	<a href="http://www.bda.uk.com">www.bda.uk.com</a>
British Nutrition Foundation	<a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a>
The Nutrition Society	<a href="http://www.nutrition-society.org">www.nutrition-society.org</a>

### 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](http://www.rsph.org.uk)) signed by the candidate and a completed *candidate assessment summary form* for the qualification.

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 the 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* candidates must be able to demonstrate that they have achieved the learning outcomes for the unit.

## 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.

## 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 and Special Consideration Policy; this is available from the RSPH website ([www.rsph.org.uk](http://www.rsph.org.uk)).

## Progression

Learners who achieve this qualification can progress to the following qualifications:

RSHP Level 4 Certificate in Nutrition for Institutional Food Services

RSPH Level 4 Certificate in Nutrition for Physical Activity and Sport

## Recommended Qualifications and Experience of Tutors

The Society 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](http://www.rsph.org.uk). You will need to attach a CV to this application. Please contact the Qualifications Department at [centreapproval@rsph.org.uk](mailto:centreapproval@rsph.org.uk) if you need any assistance.

## Contact Information

The Qualifications Department,  
Royal Society for Public Health  
John Snow House,  
59 Mansell Street,  
London E1 8AN

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