

## RSPH Level 2 Award in Nutrition for Health

August 2022

**8 Guided Learning Hours (GLH)**

**14 Hours Total Qualification Time (TQT)**

**Credit Value        1**

**Ofqual Qualification Number: 603/2159/3**

### **Description:**

This qualification covers the key role of nutrition in health and wellbeing. Its objective is to provide learners with knowledge and understanding of the relationship between diet and health and wellbeing, as well as the role of food labelling and other factors in food choices. It will equip learners with an awareness of the importance of healthy eating and the need to provide special diets/foods for specific clients.

The qualification is useful for those who wish to enhance their existing knowledge of human nutrition. It is also ideal for individuals who are in the catering, hospitality, care or leisure industries who need an understanding of what constitutes nutritious and healthy meals. In the health sector, it would be relevant for health trainers, other health professionals and staff in a range of public services who need a good knowledge of human nutrition.

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



## Content:

	<b>Page</b>
Summary of Learning Outcomes	3
Indicative Content	4
Assessment	6
Progression	6
Recommended Prior Learning	6
Recommended Reading	6
Useful websites	6
Special Assessment Needs	7
Mapping to National Occupational Standards	7
Mapping to Public Health Skills and Knowledge Framework	7
How to Apply to Offer this Qualification	7
Recommended Qualifications and Experience of Tutors	8
Other Information:	8

## **Level 2 Award in Nutrition for Health**

Total Unit Time: 14 hours

Guided Learning: 8 hours

Unit Level: 2

Unit reference no: T/616/0633

### **Summary of Learning Outcomes**

**To achieve this qualification a candidate must:**

**1. Understand healthy eating guidelines in comparison with the average UK diet, *with reference to:***

- 1.1 Current UK government guidelines for a healthy balanced diet
- 1.2 Foods which are good sources of 'macronutrients' and 'micronutrients'
- 1.3 The concept of energy balance
- 1.4 Examples of how food intake in the UK differs from the current guidelines

**2. Understand how diet affects health and wellbeing, *with reference to:***

- 2.1 The main diseases in the UK that have a link to food intake
- 2.2 How food/drink choices, preparation and cooking methods can impact on a person's health
- 2.3 How food allergies and food intolerances can affect individual wellbeing
- 2.4 How food/menu labelling helps the consumer identify healthy options as part of a healthy diet

**3. Understand the factors that influence food choices, *with reference to:***

- 3.1 The tools for changing eating habits
- 3.2 Reliable sources of nutritional information
- 3.3 The factors (religious, ethical, economic) that can influence food choice

Candidates successfully achieving this qualification will have knowledge and understanding of facts, procedures and ideas in nutrition to complete well-defined tasks and address straight-forward problems. They will be able to interpret relevant information and ideas and will be aware of a range of information that is relevant to nutrition for health.

## Content

### 1 Understand healthy eating guidelines in comparison with the average UK diet

- 1.1 *Government guidelines for a healthy balanced diet:* Eatwell Guide values including fluid intake; 5-a-day advice; guidance on sugar, salt and saturated fat reduction; benefits of physical activity as part of NHS advice on a healthy balanced diet; alcohol content of beverages and how this relates to alcohol intake limits.
- 1.2 *Good sources of Macronutrients and Micronutrients:* definitions of 'macronutrients' and 'micronutrients'; foods which are good sources of carbohydrates, fat, protein (Energy values per gram), fibre (non-starch polysaccharide), minerals (calcium, iron, sodium, potassium) and vitamins (A, C, D, E, K, folic acid, B12 and B group vitamins) as per the Eatwell Guide.
- 1.3 *Concept of Energy Balance:* principles of energy balance and how this relates to weight control; **Energy In** food, drink and alcohol and **Energy Out**; Basal Metabolic Rate (BMR); energy needed for physical activity for digestion and relationship of each component (the energy either in or out) to weight loss/gain; energy requirements (kJ/kcal) and reference nutrient intakes used on food packaging.
- 1.4 *Food intake compared to guidelines:* Comparison of nutritional standards to UK consumption levels; actual intake versus recommended intake in the Eatwell Guide; UK food habit statistics, data on how well the UK eats; UK's top-selling grocery items to highlight prevalence of alcohol and snacks; links to health.

### 2 Understand how diet affects health and wellbeing

- 2.1 *Main diseases in the UK that have a link to food intake:* health risks associated with under and over nutrition, including obesity, cardio-vascular disease, type 2 diabetes, some cancers and dental caries.
- 2.2 *Food/drink choices, preparation and cooking methods and impact on health:* concept of energy and nutrients density; impact of altering portion size on energy and nutrient intake; health effects associated with specific ingredients such as sugar, salt and fat; effect of preservation, storage, processing and cooking on nutrient content, food quality and acceptability; health effects of regular eating patterns and their importance to a healthy and balanced diet.

- 2.3 *Food allergies and food intolerances and effect on wellbeing:* difference between food allergy and food intolerance; examples of a food allergy such as peanuts and risk of anaphylaxis; range of symptoms for food allergies; examples of a food intolerance such as lactose intolerance resulting in gastrointestinal symptoms; range of food intolerance symptoms; ingredients section of food packaging and use of **bold** text to show allergens; awareness that there are 14 food allergens; modifying recipes or changing food selections to remove one of the identified food allergens.
- 2.4 *Food/menu labelling for health and wellbeing:* requirements for nutrient and allergen labelling; different approaches to labelling; role of labelling in making healthy food choices; how this information is utilised for health and wellbeing such as calories for weight loss, low fat, low salt, low sugar and allergens; food/menu labelling design and how it enables the selection of a healthy diet and prevents adverse reactions from food.

### **3 Understand the factors that influence food choices**

- 3.1 *Tools for changing eating habits:* health promotion tools such as Change4Life, Eatwell Guide, sugar swaps, MyFitnessPal, food logs, slimming or exercise clubs and how they can be used; setting SMART goals; reflecting on how to achieve a goal; planning meals; physical exercise; lifestyle changes.
- 3.2 *Sources of reliable nutritional information:* reliability of information from sources such as BNF (British Nutrition Foundation), BDA (British Dietetic association) and GPs/NHS Choices, compared to newspapers and online sources; importance of research-based evidence compared to non-valid information.
- 3.3 *Factors (religious, ethical, economic) that can influence food choice:* religious factors relating to food customs and food restrictions such as Halal guidance in meat slaughter (Islam), avoidance of pork (Judaism), banning of beef (Hinduism) and no alcohol (Buddhism); ethical factors such as being vegetarian or vegan and avoiding animal products for animal welfare; economic factors such as cost for low income families, students and the elderly, leading to restricted diet; potential nutrient imbalances and health problems that may arise with certain special diets such as vegetarian or vegan such as low levels of protein, Vitamin B, iron.

## **Assessment**

The knowledge and understanding of the candidates will be assessed by a multiple-choice examination. The multiple choice examination is provided by RSPH. The examination consists of 30 questions. A candidate who is able to satisfy the learning outcomes will achieve a score of at least 20 out of 30 in the examination. Strong performance in some areas of the qualification content may compensate for poorer performance in other areas.

The duration of the examination is 45 minutes.

## **Progression**

Learners who achieve this qualification can progress to the RSPH Level 3 Award in Nutrition for Health.

## **Centre Guidance**

### **Recommended prior learning**

The recommended prior learning requirements for this qualification are an RSPH Level 1 Award in Nutrition for Health or RSPH Level 1 Award in Healthier Foods and Special Diets but these are not mandatory. Candidates should have a level of literacy and numeracy equivalent to Level 2 (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](http://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 this National Occupational Standard 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](http://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](mailto: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 2 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:

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

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