

## Level 2 Award Healthier & Special Diets

### What is it and Who is it aimed towards?

Healthy Eating has never been higher on the national agenda and the Higher Food and Food Diets qualification are a timely contribution to the overall effort to improve the nation's health through a better understanding of importance of eating healthily.

Some people require or choose a special diet – for medical, religious, cultural, ethical or other reasons. National Minimum Standards, which include standards relating to the provision of food, have been produced for schools, care homes for older people and other institutions where people are looked after; and these reflect Government policy both on content and facilitating choice.

This course will be of particular value to those who work or intend to work in planning and providing meals or recipes in catering including school lunches, hospitality and leisure, health and community care and retail food outlets.

### What does it cover?

The syllabus covers topics including:

- Factors affecting food intake and choice.
- Nutrients and their function (importance of nutrients).
- Nutrient composition of foods.
- Nutrient requirements of different groups.
- Diet and health.
- Different types of special diet.
- Government policy and guidelines on healthier eating.
- Promoting healthy eating.

### How is the qualification assessed?

This consists of an examination, which takes the form of a multiple choice question paper of 30 questions to be answered in 45 minutes.

The pass mark is 20 and a credit is awarded for 26 or more correct answers.

The assessment takes place after each training course.

### What are the benefits of this qualification?

- Delegates will have a knowledge of healthier foods and special diets.
- Be able to understand and explain the links between diet and health.
- Apply nutritional principles to providing a healthier diet.

For further information please visit [www.impactld.co.uk](http://www.impactld.co.uk).  
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