



**VERNER WHEELOCK
ASSOCIATES**

RSPH LEVEL 3 AWARD IN NUTRITION FOR HEALTHIER FOOD & SPECIAL DIETS

Course Summary

3-day course accredited by the Royal Society for Public Health.

The broad content of this course ensures catering managers, supervisors and key workers receive a good understanding of all aspects of nutrition and health, leading to a recognised qualification. This course has been designed to enable potential managers to move towards the Diploma level qualification.

Entry Requirements

No specific qualifications are needed for this course apart from a genuine interest in nutrition, health and diet.

However, those with no prior knowledge of nutrition principles may benefit from first completing the ½-day **Nutrition Awareness course** or the 1-day, **Level 2 Award in Healthier Food and Special Diets**.

Course Structure & Content

- Factors affecting food intake and choice
- Sources and function of nutrients
- Energy needs and identification of energy sources
- Nutritional requirements of specific groups
- Importance of a balanced diet
- Effect of diet on health
- Development of food-related illnesses
- Promotion of Healthy Eating

Assessment

The examination consists of forty multiple-choice questions to be answered within two hours and takes place on the last day of the course.

Course fee

£465 + VAT

Progression

Next level – **RSPH Diploma in Nutrition & Health**

Verner Wheelock Associates Ltd

4, Stable Courtyard, Broughton Hall Business Park, Skipton, North Yorkshire, BD23 3AE

Tel: + 44 (0) 1756 700802 Fax: + 44 (0) 1756 700807 Web: www.vwa.co.uk E-Mail: office@vwa.co.uk

BOOKING FORM

Course Title	RSPH Level 3 Award in Healthier Food & Special Diets			Code	L3HFSD
Venue	Skipton			Date(s)	
DELEGATE DETAILS					
Title		Forename		Surname	
Position					
Company					
Address					
				Postcode	
Telephone				Fax	
Email				Mobile	
Nature of business					
PAYMENT DETAILS					
(Bookings are made and accepted subject to the terms and conditions below)					
Total Payment <small>(Course Fee + VAT)</small>				Order No.	
Please Invoice for the attention of:					
Invoice Address					
				Postcode	
Shall we send an accommodation guide?	Yes	No		Do you require disabled access?	Yes No
Please specify dietary requirements					

Confirmation will be sent on receipt of this form and course information will follow approximately 2 weeks before the course.

The fee includes:

Course refreshments, lunches, course folders, where applicable exam fees, and open learning materials for use during the course. Overnight accommodation is **NOT** included unless specified.

Conditions of Booking:

Course fees are payable 14 days prior to the course.

Provisional bookings, valid for 5 working days, can be made by telephone or e-mail. Once the booking form has been received by Verner Wheelock Associates Ltd, you are liable for payment. If you are unable to attend you may substitute at any time but cancellations cannot normally be made. See separate Terms & Conditions.

I HAVE READ AND AGREE TO THE CONDITIONS OF BOOKING Please mark X

Authorised signature _____

Name (printed) _____

Position _____

Please note: It may be necessary, for reasons beyond our control, to alter the content, programme or course tutors.

FAX FORM TO +44(0) 1756 700807 E-MAIL FORM TO office@vwa.co.uk

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