

## Certificate in Nutrition and Health

2003

### Description:

Publication of the 2004 Government White Papers “Choosing Health: Making Healthy Choices Easier” and “Choosing a Better Diet”, along with the WHO Global Strategy on Diet, Physical Activity and Health and other documents, have heightened public and professional awareness of the importance of nutrition and healthy eating. The RSPH has revised its long established Certificate in Nutrition and Health to reflect the latest research, advice and guidance concerning nutrition and healthy diets.

The aim of this qualification is to equip candidates with a level 3 knowledge and understanding of the principles of good nutrition and healthy eating and, to ensure they are able to apply these principles in a practical and responsible way in the course of their daily work and lives.

This examination is designed for anyone (including the general public) interested in the practical application of the principles of nutrition and healthy eating.

The Certificate is a particularly useful qualification for those working in the following areas:

- hotel and catering industries
- caring professions
- retail food trades
- health and beauty industries
- food manufacturing



## Content:

To achieve this qualification a candidate must:

1. **Have a knowledge and understanding of factors affecting food intake and choice, by being able to:**
  - Outline basic physiological requirements
  - Briefly describe cultural and social influences.
  - List factors of availability and seasonal variations.
  - Describe importance of aesthetic influences.
  - Assess the impact of reporting of medical and consumer reports.
  - Assess the role of advertising.
  
2. **Have a knowledge and understanding of nutrients, their sources and functions, by being able to:**
  - Explain food as a source of nutrients needed for growth and repair, energy supply, maintenance and regeneration of body processes
  - State the function of nutrients in the body.
  - Describe the body's use of protein, fats, carbohydrates, fibre, mineral elements and vitamins. In each case:
    - a) Give details of types.
    - b) List examples in food.
    - c) Outline the breakdown and assimilation in the body.
    - d) Describe control and use of products of digestion in the body.
    - e) Assess the role of the nutrient in the normal diet.
  - Explain the role of water in the body.
  - Identify the nutrient value of common foods and the rich and main dietary sources of the nutrients.
  
3. **Have a knowledge and understanding of human energy needs and ability to identify energy sources, by being able to:**
  - List the main nutrient and dietary sources of energy.
  - Describe the energy requirements of different people.
  - Explain basal metabolic rate (BMR).
  - Explain factors in weight control.
  - Identify health problems of overweight.
  - Assess factors affecting weight gain and loss.
  - State the importance of exercise and its effect on BMR.
  
4. **Have a knowledge and understanding of the nutritional requirements of different groups, by being able to**
  - Outline the nutritional needs of children, adults, older people, pregnant women and lactating mothers (detailed recall of Dietary Reference Values is not required).
  - Describe the nutritional value of foods commonly available to these groups.
  - State the basic rules of menu planning and the use of the "food groups" plan.
  - Construct simple menus suitable for these groups of people, related to their particular nutritional needs.

5. **Have a knowledge and understanding of the importance of a balanced diet, by being able to:**
- State the requirements of a balanced diet.
  - Define and discuss malnutrition.
  - Describe the evidence and causes of malnutrition in the UK.
6. **Have a knowledge and understanding of the effects of diet on health and on the development of certain diseases, by being able to:**
- Describe the link between the intake of fat and coronary heart disease; list the dietary modifications suggested to reduce incidence.
  - Explain the differences between refined and unrefined carbohydrate in their effect on health.
  - State the value of starch in a balanced diet.
  - Assess the importance of whole-foods and adequate fibre (NSP) intake.
  - Describe the effects of sugar on dental caries and on weight control.
  - State the advantages and disadvantages of using artificial sweeteners.
  - Outline the effects of excess salt intake on health.
  - Discuss briefly, the use of alcohol in the body and its effects on health.
7. **Have a knowledge and understanding of changes in the food and catering industries which may alter the British diet, by being able to:**
- Evaluate the move towards new food trends, such as:
    - a) Healthy Eating Plans
    - b) "Health Foods"
    - c) Vegetarianism
    - d) Fast foods
    - e) Snack foods
    - f) Organically grown food
  - Describe the use and misuse of dietary supplements (vitamins and minerals).
  - Discuss food labelling and how to obtain useful information from labels.
  - Outline the advantages and disadvantages of using food additives.
  - Discuss the dietary concerns of the UK's principal ethnic minorities.
8. **Have a knowledge and understanding of how to promote healthy eating, by being able to**
- Advise healthier food choices, such as: fruit and vegetables, low fat sugar and salt options, a wider range of high fibre (NSP) foods etc.
  - Evaluate the effects of different cooking methods on nutrient content and suggest the adoption of the methods that conserve the most nutrients.
  - Explain how to adapt menus and recipes to conform with healthy eating guidelines.
  - Discuss the importance of providing nutrition education for all consumers, especially children and young people and suggest how this can best be achieved.

## Registration of training / examination centres

Potential centres wishing to offer courses leading to this qualification should first apply to the RSPH for registration. Registration requires:

- Approval of the course materials, training and examination facilities and resources offered by the centre.
- Approval of the teaching staff. Trainers must hold a subject specialist qualification at a higher level than the level they wish to teach, hold a group training or teaching qualification and use approved training materials.

Details of local centres and registration procedures may be obtained from the Qualifications Department at the RSPH.

## Preparation for the examination

Examinations for this qualification can be held on demand and exam bookings can be made online via the RSPH website ([www.rsph.org.uk](http://www.rsph.org.uk)) or directly with the Qualifications Department:

The Qualifications Department,  
Royal Society for Public Health  
3<sup>rd</sup> Floor  
Market Towers  
1 Nine Elms Lane  
SW8 5NQ

- Examination candidates will normally have attended a full or part time course of instruction covering the syllabus detailed in Part 2 and approved by the RSPH
- Approved courses are usually of 24 hours' duration (minimum).
- Application for entry to examination must be made through a RSPH registered examination centre to the Qualifications Department at the RSPH to arrive at least two weeks before the date of the examination.

## Form of the examination

The assessment for the award of the Certificate consists of one written examination paper lasting 2h 30 minutes. No reference books are permitted. The pass mark is 50%.

The paper consists of three sections:

### Section A

20 questions, all to be answered with single words or phrases.

Covers all aspects of the syllabus.

### Section B

Four questions, three to be answered, short answer style.

Tests knowledge of nutrients and health.

### Section C

Four questions, three to be answered.

Tests knowledge of menu structure and diets.

## Examination results and certificates

Each examination centre will receive a Results List, giving the grade of each candidate.

Grades will be awarded as follows:

- |           |                  |               |
|-----------|------------------|---------------|
| • Honours | 120 to 150 marks | 80% and over  |
| • Credit  | 97 to 119 marks  | 65% to 79%    |
| • Pass    | 75 to 96 marks   | 50% to 64%    |
| • Fail    | 0 to 74 marks    | less than 50% |

Each successful candidate will receive a Certificate upon which the grade awarded will be shown. Certificates are normally sent to examination centres for distribution to candidates.

## Progression

Successful Certificate candidates may wish to proceed to the RSPH Diploma in Nutrition and Health.