

LEVEL 3 AWARD IN HEALTHIER FOOD AND 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 our online nutrition course.

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