



**VERNER WHEELOCK
ASSOCIATES**

LEVEL 2 AWARD IN HEALTHIER FOOD & SPECIAL DIETS

Course Summary

This one-day course is QCA accredited and certificated by the Chartered Institute of Environmental Health (CIEH).

It is suitable for anyone involved in preparing and serving food and provides all candidates with a good basic understanding of nutrition. It is ideal for those employed in school or care home catering.

Entry Requirements

There are no specific entry requirements but a working knowledge of the catering industry would be most useful.

Course Structure & Content

Candidates will learn about individual nutritional requirements and specific standards and recommendations applying to catering for different groups of people – young or old or with special dietary requirements. It will enable candidates to plan well-balanced meals and have a positive impact on health.

- Introduction to nutrition
- The balance of good health
- Diet & health
- Nutritional requirements of different groups
- Catering for different groups
- Food processing & fortification
- Food labelling

Course fee

Contact us for a quote for an in-house course. Up to 15 candidates can be trained on each course.

Your course fee includes:

Course folder and notes

Lunch and refreshments

CIEH examination fee and certificate

Progression

Next level – **RIPH Certificate in Nutrition & Health**

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