

# Level 2 Award in Healthier Food and Special Diets

## Syllabus

### A Introduction

Candidates should understand nutrition terminology and should be able to:

- i Explain the principle that all food provides energy and nutrients.
- ii Describe and name the nutrients in food that provide energy (i.e. protein, fat and carbohydrate) and by how much.
- iii Define and name the essential nutrients, i.e. vitamins (fat-soluble and water-soluble) and minerals (iron, calcium).
- iv Describe the role of protein in the body.
- v Describe the types of fats and their role in the body.
- vi Describe the types of carbohydrates (sugar and starch).
- vii Explain that there are other constituents of food, i.e. water, fibre and food additives.

### B The balance of good health

Candidates should understand that a nutritionally balanced diet has a positive effect on health and be able to:

- i State the requirements of a balanced diet.
- ii Describe the concept and use of the Balance of Good Health model.
- iii Describe the importance of fruit and vegetables in a healthy diet, including the five-a-day message.
- iv Identify common sources of each of the following nutrients:
  - starchy carbohydrates
  - protein
  - fat and sugar
  - calcium
  - salt and sodium.
- v Explain the importance of fluids.
- vi Outline the eight tips for eating well.

### C Diet and health

Candidates should understand the relationship between diet and health and be able to:

- i Explain how an excess in energy foods can lead to obesity.
- ii Explain that high levels of fat in the diet can lead to heart disease.

### D Nutritional requirements of different groups

Candidates should understand that different groups of people require different diets to suit their lifestyle and be able to:

- i Describe briefly the changing nutritional requirements associated with age (infants, children, adolescents, adults).
  - pregnant women and breastfeeding mothers
  - older people
  - vegetarians
  - slimmers
  - ethnic and religious groups
  - people with diabetes.
- ii Describe the nutritional requirements and most common potential dietary and nutritional problems associated with each of the following groups:
  - pregnant women and breastfeeding mothers
  - older people
  - vegetarians
  - slimmers
  - ethnic and religious groups
  - people with diabetes.
- iii Describe other special dietary requirements, including allergy, lactose intolerance and coeliac disease.

### E Catering for different groups

Candidates should understand the guidance that is available and describe, in general terms, the recommendations that exist for feeding people in hospitals, residential homes, nurseries, schools and prisons:

- i Describe the basic food needs of people in hospitals, residential homes, nurseries, schools and prisons.
- ii Plan menus to meet the nutritional requirements of different groups of people.

## F Food processing

Candidates should understand that food processing and manufacture can change the nutritional content of foods and be able to:

- i Describe the effects that the following processes on the nutritional content of food:
  - cooking
  - preservation.
- ii Understand the principle behind fortification.

## G Food labelling

Candidates should understand the importance of accurate nutritional information being available on food products and be able to:

- i List the information which is required by law on food packaging.
- ii Describe how nutrition information may be provided.
- iii Explain how nutritional claims can be made on food labels.



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