

Level 2 Award in Healthier Food and Special Diets

How to deliver

This qualification will benefit anyone who prepares and serves food as it provides candidates with a good, basic understanding of nutrition that will enable them to plan well-balanced meals that will have a positive impact on health.

Successful completion of the training programme and assessment will enable candidates to understand:

- the relationship between health and diet
- individual nutritional requirements of different groups of people
- specific standards and recommendations that apply to catering for certain groups
- how food preparation and processing affects the nutritional value of food
- the significance of information on food labels.

The training time to cover the syllabus must be at least six hours and is typically covered in one day. The time taken to deliver the programme does not include coffee/tea/lunch breaks, revision sessions or 'mock' examinations.

The candidates are assessed by an examination paper consisting of 30 multiple choice questions to be completed in one hour under examination conditions (see 'Procedure for Examination and Assessment' in the *Procedures Manual* for full details on examination administration). Sample examination questions are included in the registration approval pack. Candidates must participate in at least 80% of the course to be eligible to take the examination.

Candidates who achieve 20 or more correct answers will pass the examination and receive a certificate. The results for the Level 2 Award in Healthier Food and Special Diets will take approximately two weeks to process. Certificates will be sent directly to the centre where the training was delivered.

The CIEH has developed a training pack to help trainers deliver the programme in a structured way. It includes a copy of the course book, *Nutrition: First principles* and a manual entitled *Trainers' Notes* including a CD containing a PowerPoint presentation.

Order forms and other resources for trainers are available on our website www.cieh.org/training



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