

# Course Syllabus

## Level 2 Award in Nutritional Awareness (Catering)

### Safer Nutritional Awareness (Level 2)

#### A. Introduction to Nutrition

Candidates should be aware of the importance of good nutrition, be able to define important terms and the business benefits of a well-managed and nutritionally balanced menu for a catering business. They should be able to:

- Describe how and why good nutrition is important to a healthy life
- Explain the relationship between food, social function and pleasure
- Outline the business case for a healthy balanced nutrition in a catering business or premises
- State the long term potential effects on health of a nutritionally poor or unbalanced diet

#### B. Fluids

Candidates should understand the function and importance of fluids in the body, how fluids are typically consumed, and fluid requirements for a range of age groups. They should be able to:

- Explain the role fluids play in the correct function of the human body
- State the amount of fluid required per day for healthy nutrition
- Give examples of good fluids that positively contribute to a balanced diet, and examples of fluids not considered to be as beneficial
- State the potential health consequences of insufficient fluid intake

#### C. Energy

Candidates should understand the function and importance of energy in the body, energy requirements depending on personal circumstances, and the various foods that provide energy together with their appropriateness as part of a healthier balanced diet. They should be able to:

- Explain the role that energy plays in the correct function of the human body
- State the amount of energy required per day for healthy nutrition
- Discuss the changing energy requirements through life stages including pregnancy
- Give examples of energy that positively contributes to a balanced diet, and examples of energy not considered to be as beneficial
- Explain how an excess of energy foods can lead to obesity

## D. Carbohydrates including fibre

Candidates should understand the function and importance of carbohydrates and fibre energy, including example sources, and the fate of carbohydrates and fibre in the body. They should be able to:

- Explain the role that carbohydrates and fibre play in the body
- Give examples of the various food groups that contribute carbohydrates and fibre
- Describe the different types of fibre and their function
- Describe the potential health consequences of excessive sugar (carbohydrate) in the diet

## E. Protein

Candidates should understand the role and importance of protein in the body; its crucial role in cell function, growth and repair, and be able to list foods rich in protein including those suitable for vegetarians and vegans. They should be able to:

- Explain the role that protein plays in the correct function of the human body
- State the amount of protein required per day for healthy nutrition at various stages in life
- Give examples of the various food groups that contribute protein to the diet
- Give examples of sources of protein suitable for vegetarians & vegans
- State the potential health consequences of insufficient protein in the diet

## F. Fats

Candidates should understand the role and importance of fats. They should be aware of a range of types of fat, the role that fats play, and the various foodstuffs that contain 'good' fats considered appropriate and important for a healthier diet. They should be able to:

- Explain the role that fats play in the correct function of the human body
- Describe the range of different types of fat and their effect on the body
- Explain the importance of healthy fats including omega 3 fats and their effect on cell function
- State the potential health consequences of excessive inappropriate fats in the diet including their contribution to coronary heart disease

## G. Micronutrients

Candidates should understand the role and importance vitamins and minerals. They should be able to define their function in healthy nutrition and outline a range of food sources for these essential components for life. Candidates should be able to:

- Explain the role that vitamins and minerals play in the correct function of the human body
- Describe the function of various important vitamin groups and give examples of sources
- Describe the function of various important mineral groups and give examples of sources
- State the potential health consequences of a lack of vitamins and minerals in the diet

## H. A balanced diet

Candidates should understand what constitutes a balanced diet. They should be able to outline the proportions of major food groups that combine to form an appropriate balance in the diet that will promote good health and wellbeing. Candidates should be able to:

- Explain the concept and importance of balance within the human diet
- State the basic dietary requirements for a balanced diet
- Describe the importance of fruit and vegetables in a healthy diet including the importance of the 5-a-day message
- Describe the function the Eat Well plate guidance and its constituent portion sizing
- Outline a range of approaches and ideas for encouraging balanced nutrition when considering menu planning
- Outline potential damage to health of a lack of balance in the diet

## I. Allergies and intolerances

Candidates should be aware of the threat of allergenic food ingredients. They should be able to state the 14 food allergens named in the 2011 legislation (that came into force in December 2014), and how food allergies and food intolerances can affect the body. Candidates should be able to:

- Describe and contrast the terms food allergy and food intolerance
- State the effect of recent law changes on allergenic ingredient labelling and handling
- State the 14 allergenic food ingredients named in recent UK legislation affecting all catering premises
- Describe the nutritional requirements and common nutritional problems associated with a range of food allergies and intolerances
- Describe what happens to the body during an anaphylactic attack

## J. Service considerations

Candidates should be aware of service considerations associated with catering for a range of age groups, cultural diversity, and those requiring special menus for health reasons. They should be able to:

- Describe the effect ethnic and religious choices may have on menu and nutritional planning
- Explain the need for special diets for health reasons including the avoidance of coronary heart disease, obesity and diabetes and give examples of food replacements to avoid these health problems
- Describe the changing nutritional requirements through age including infants, children, adolescents, adulthood and the elderly
- Describe potential effect on nutrition of a range of food processing methods including cooking and preservation
- Understand the principle of food fortification and its limitations
- List ways of providing food product or menu nutritional information

## Accreditation

Level 2 Award in Nutritional Awareness (Catering)  
 QUALIFI Accredited Endorsed Level 2 Award  
 ANA2SFG2016 (default online examination)  
 QUALIFI is a UK OFQUAL regulated Awarding Organisation.

For more information about this syllabus, accreditation, or examination options please contact The Responsible Officer for Awards & Examinations at The Safer Food Group (East GB Ltd).

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