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# **Qualification Specification**

## **Highfield Level 2**

### **International Award in Nutrition and Health**

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## Highfield Level 2 International Award in Nutrition and Health

### Introduction

This specification is designed to outline all you need to know to offer this qualification at your centre. If you have any further questions, please contact your centre manager.

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### Key facts

Guided learning hours (GLH):	7 hours
Assessment method:	Multiple-choice examination

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### Qualification overview and objective

The Highfield Level 2 International Award in Nutrition and Health will benefit anyone who prepares and serves food, as it provides learners with a basic understanding of nutrition and the requirements of special diets to enable the planning and provision of well-balanced meals that will have a positive impact on health, for both adults and children.

**Important Note: Highfield recommends that you contact the relevant Government Department in the country that you want to deliver this qualification, to ensure that local laws are being adhered to and that there are no additional approval requirements. It may be that you are required to register as a training provider within the country itself. Highfield approves centres based on its own criteria but does not represent any other organisations or departments.**

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### Delivery/assessment ratios

The recommended ratio of tutors to learners is 1 qualified tutor to a maximum of 30 learners.

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### Guidance on delivery

The recommended guided learner hours for this qualification is 4 hours. Guided learning hours is the time an average learner is taught by means of lectures; tutorials; supervised study; and blended learning. The delivery of this programme may be adjusted in accordance with learners' needs and/or local circumstance.

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### Guidance on assessment

This qualification is assessed by multiple-choice examination. This method of assessment is an end of course examination and should follow the Highfield Qualifications Examination and Invigilation Procedures, found within the Highfield Qualifications Core Manual.

This examination contains **20** questions that must be completed within **45** minutes. Successful learners must achieve a minimum pass mark of **12** correct answers (60%). Learners who achieve **14** or above correct answers (70%) will be awarded a Merit and for learners who achieve **16** or above correct answers (80%) will be awarded a distinction.

Completed examination papers should be returned to Highfield for marking and results will then be supplied to the centre afterwards. Centres must take all reasonable steps to avoid any part of the assessment of a learner (including invigilation) being undertaken by any person who has a personal interest in the result of the assessment.

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## Recognition of prior learning (RPL)

Centres may apply to use recognition of prior learning or prior achievement to reduce the amount of time spent in preparing the learner for assessment.

For further information on how centres can apply to use RPL as described above, please refer to the Recognition of Prior Learning (RPL) policy in the members' area of the Highfield International website. This policy should be read in conjunction with this specification and all other relevant Highfield Qualifications documentation.

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## Tutor requirements

Highfield recommends nominated tutors for this qualification to meet the following:

- hold a relevant subject area qualification [or experience], which could include any of the following:
  - Degree or DipHE in a related subject such as:
    - Nutrition
    - Nutrition and Dietetics
    - Dietetics
    - Clinical Nutritional Care
    - Public Health
  - HNC/D in a related subject (as outlined above);
  - Graduate Diploma in Nutrition and / or Dietetics;
- hold [or be working towards] a recognised teaching qualification [or experience], which could include any of the following:
  - Highfield Level 3 Award in Delivering Training;
  - Highfield Level 3 International Award in Delivering Training (IADT)
  - Level 3 PTLLS, or above;
  - Level 3 Award in Education and Training, or above;
  - Diploma or Certificate in Education;
  - Bachelors or Masters' Degree in Education;
- maintain appropriate continued professional development for the subject area.

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## Reasonable adjustments and special considerations

Highfield has measures in place for learners who require additional support. Reasonable adjustments such as additional time for the exam; assistance during the exam such as using a scribe or a reader, is available upon approval from Highfield. Please refer to Highfield Qualifications' Reasonable Adjustments Policy for further information/guidance on this.

<https://www.highfieldinternational.com/downloads>

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## ID requirements

All learners should be instructed, ahead of the course/assessment when the learner registers and/or with any pre-course materials, to bring photographic identification to the assessment to be checked by the invigilator.

It is the responsibility of the Centre to have systems in place to ensure that the person taking an examination/assessment is indeed the person they are claiming to be. All Centres are therefore required to ensure that each learners identification is checked before they are allowed to sit the

examination/assessment and write the type of photo identification provided by each learner on the Learner List under “Identification Provided”. Highfield will accept the following as proof of a learners’ Identity:

- National identity card (e.g. Emirates ID card);
- Valid passport (any nationality);
- Signed photo card driving licence;
- Valid warrant card issued by police, local authority or equivalent; or
- Other photographic ID card, e.g. employee ID card (must be current employer), student ID card, travel card.

**For more information on learner ID requirements, please refer to Highfield Qualifications’ Core Manual.**

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### Progression opportunities

On successful completion of this qualification, learners may wish to continue their development by undertaking one of the following qualifications:

- Highfield Level 3 International Award in Nutrition and Health
- Highfield Level 2 International Award in Food Safety in Catering
- Highfield Level 3 International Award in Food Safety in Catering
- Highfield Level 3 Award in Food Allergen Management for Caterers (RQF)
- Highfield Level 2 Award in Food Safety in Catering (RQF)
- Highfield Level 3 International Award in Developing a Positive Food Safety Culture

**Please visit Highfield International website for the full list of food safety qualifications available.**

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### Useful websites

- [www.Highfieldproducts.com](http://www.Highfieldproducts.com) (Highfield Products)
  - [www.Highfieldqualifications.com](http://www.Highfieldqualifications.com) (Highfield Qualifications)
  - [www.Highfieldinternational.com](http://www.Highfieldinternational.com) (Highfieldabc MEA)
  - <http://www.foodsafe.ae/>
  - Dubai Food Watch  
<https://www.dm.gov.ae/en/Business/FoodSafetyDepartment/Pages/Food-Watch-System.aspx>
  - Children’s Food Trust: [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)
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### Recommended training materials

The Foundation Nutrition & Health Handbook, Dr Mabel Blades, 7th edition 2017, Highfield Products.

Foundation Nutrition & Health Power Point presentation, Highfield Products

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## Appendix 1: Qualification content

Unit: International Nutrition and Health

GLH: 7 hours

Level: 2

Learning Outcomes	Assessment Criteria
<i>The learner will</i>	<i>The learner can</i>
1. Understand the principle of healthy diets	1.1 Outline current nutritional guidelines for a healthy diet.
	1.2 Describe essential nutrients and their benefits
	1.3 Describe the impact of diet on health
	1.4 Describe the food preparation techniques to help maintain the nutritional value of the food
2. Understand the importance of healthy diets	2.1 Describe the main features of special diets
	2.2 Explain how special diets can help to deal with health problems
	2.3 Describe the food preparation technique suitable to those on special diets

Indicative Content
<p><b>Healthy Diet</b></p> <ul style="list-style-type: none"> <li>• The Eatwell Guide</li> <li>• Energy from fat, protein, carbohydrates and alcohol</li> <li>• Energy requirements including an overview for different age groups</li> <li>• Fluid requirements including an overview for different age groups</li> <li>• Food labels</li> <li>• Reference Intakes (RIs)</li> </ul> <p><b>Essential Nutrients</b></p> <ul style="list-style-type: none"> <li>• Carbohydrates including sugars (intrinsic and extrinsic or free sugar), starches and dietary fibre (NSP). The terms refined and unrefined carbohydrates</li> <li>• Protein (essential and non-essential amino acids)</li> <li>• Fats including unsaturated fats and saturated fats</li> <li>• Vitamins: the B vitamin group, vitamin C, vitamin A, vitamin D, vitamin D, vitamin E, vitamin K</li> <li>• Minerals with particular reference to iron, sodium, potassium, calcium, phosphorus, selenium, fluoride, iodine and zinc</li> <li>• Reference to the terms water-soluble and fat-soluble vitamins and anti-oxidants</li> </ul>

### **Impact of diet on health**

- Saturated fat and coronary heart disease
- Sugar and dental caries
- Salt and high blood pressure
- Consumption of excess energy (kcal) and obesity
- Consumption of inadequate energy (kcal) and undernutrition (malnutrition)
- Hydration

### **Food Preparation techniques to maintain the nutritional value**

- Cooking to retain water soluble vitamins
- Cooking methods to reduce fat
- Preparation to reduce sugar
- Increasing dietary fibre

### **Special diets through life stages**

Overview of diets for babies, toddlers, school-age children (school nutrition), adolescents, adult men, adult women (including diet during pregnancy and lactation) and elderly people

### **Special diets for different cultures and preferences**

- vegetarians
- vegans
- Hindus
- Jews
- Muslims

### **Special diets for health issues in adults and children**

- Obesity
- Cancer
- Coronary Heart Disease
- High Blood Pressure
- Malnutrition
- Diabetes
- Food Intolerances

### **Food preparation techniques suited to those on special diets**

- Gluten-free diets and other allergies and intolerances
- Reducing calories
- Reducing saturated fat
- Reducing salt
- Fortifying food to increase calories and nutrition