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Highfield Level 3 International Award in Nutrition and Health

In today's modern world there are many reasons that an individual may follow a special diet. Be it to prevent reactions to allergies or intolerances, for cultural or religious reasons, for health reasons such as diabetes or cardiovascular conditions or simply through choice. Today's caterer must be aware of the do's and don'ts of various special diets, and be capable of creating a well-balanced and nutritious meal.

Who is this qualification for?

This qualification has been designed for those involved in the provision of food or healthcare, allowing them to gain a good understanding of food, nutrition and its relationship with health.

What are the entry requirements?

There are no prerequisites or prior learning required to take this qualification. However, learners may find it helpful if they've already achieved a Level 2 Award in Nutrition and Health.

What topics are covered?

Topics include:

- fundamental elements of nutrition
- different food groups
- nutritional requirements for different age groups
- factors that affect food intake and food choices
- nutrition related health disorders
- therapeutic diets
- healthy meal pattern and cooking methods that help preserve the nutritional value of the food.

Why a Highfield qualification?

Highfield is the leading provider of regulated compliance qualifications in the UK, certificating over 350,000 learners a year.

Highfield is also one of the largest awarding organisations in Middle East Asia, with a head office in Dubai.

We're extremely proud to be a Highfield approved centre and offer you international qualifications that will enhance your career prospects.

Insert Course Duration

Course Dates

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