



# QUALIFI Level 2 Award in Nutritional Awareness & Menu Planning (Catering) (ANA2SFG2017)

Award Specification

June 2017

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# Qualifi Ltd Mission Statement

## WE PROMOTE ACCESS TO EXCELLENCE ENABLING YOU TO REALISE YOUR POTENTIAL

- We value and practise equality of opportunity, transparency and tolerance
- We strive for excellence in all we do: locally regionally, nationally and internationally
- We work in partnership with business, the community and other educators
- We encourage and promote research innovation and creativity

## Student Commitment

This represents a clear statement of Qualifi Ltd and its partners' intentions to deliver agreed standards for a range of academic and administrative services. It spells out what is expected of you as a student and the contribution that can be made to gain the most benefit from your study time through our courses.

## You will get the best out of your study time with Qualifi if you are committed to:

- Preparing for classes and attending punctually
- Completing your work to the best of your ability and submitting it on time
- Not committing plagiarism
- Keeping up to date with course information through email or other channels
- Using the feedback, you are given to improve subsequent work
- Making appropriate use of teaching staff's time
- Taking responsibility for your personal development planning and skills development
- Treating staff, fellow learners and neighbours in the local community with respect at all times

## We aim to:

- Start and end all classes on time
- Give you one week's notice of changes to your classes
- Give you feedback on assessed work within 15 working days
- Give you clear, legible and informative feedback on your work
- Be available for timed appointments
- Treat you with respect at all times
- Support you in your preparation for the work place

## Supporting Diversity

Qualifi Ltd and its partners recognise and value individual difference and have a public duty to promote equality and remove discrimination in relation to race, gender, disability, religion or belief, sexual orientation and age.

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# **QUALIFI Level 2 Award in Nutritional Awareness & Menu Planning (Catering) (ANA2SFG2017)**

## **Award Specification**

### **Award Aims**

This award aims to provide candidates with an awareness of what constitutes appropriate well-balanced nutrition, and includes approaches to developing and planning healthier meals in a professional catering environment. Relevant settings include pubs, restaurants, takeaways, cafes, delis, service stations, mobile and street food vendors, festivals, markets, workplace caterers, hospitals, schools, care homes, prisons and other institutions, fitness and nutrition specialists, gyms and all other catering settings serving food to the general public. This unit is also appropriate for those working in health and social care and education sectors and those tasked with the promotion of food products and services to all age groups.

### **Award Details**

QUALIFI Level 2 Award in Nutritional Awareness & Menu Planning (Catering)

Accredited Endorsed Level 2 award accredited by QUALIFI

QUALIFI is a UK Awarding Organisation regulated by OFQUAL

Award Reference	ANA2SFG2017
Award Type	Endorsed Award with equivalence at QCF Level 2
QAN	n/a
Guided Learning Hours	6-8 hours
Level	2
Credit value	1
Assessment	Multiple choice examination (online)
Delivery	Video and text online with tutor support
Launched (review)	2017 (2020)

## **Award Overview**

All persons involved in catering for the public with food cooked and provided packaged or ready-to-eat have a legal and professional responsibility to consider the nutritional and dietary implications of their products. This includes all those with responsibility for the planning of menus and selection of ingredients at settings including pubs, restaurants, cafes, delis, works canteens, schools, prisons, hospitals and residential centres.

This award is designed to address basic awareness and understanding of the important role that well balanced nutrition plays in health and wellbeing, and the associated need for well-planned and well-managed nutritionally appropriate catering. Based on the nationally recognised syllabus and legal and professional standards, this award covers the basic principles of nutrition which underpin the production of healthy food, the effect that nutrition has on the health and wellbeing, and how to plan and prepare nutritionally balanced and appropriate food including special diets. It is co-authored and co-presented by Dr Mabel Blades (PhD. A. Dip. PRPH Nutr, BSc Hons, SRD, DMS, MPhil, MIFST, MBA, RSH), an acclaimed nutritional Author, Advisor and Academic.

## **Entry Requirements**

There are no prerequisites for this award. It is advised that learners have a minimum of Level 1 in English and Maths or equivalent.

## **Award Structure**

This award is made up of one mandatory unit. Candidates must successfully complete the assessment for the unit via online multi-choice examination to achieve the award. The award can be gain as a free standing unit qualification or as part of a wider programme of learning.

## **Assessment Guidance**

This award is assessed via a 30 question multiple-choice examination, tested online and with a guide completion time of 1 hour. Successful candidates must answer a minimum of 25 questions out of 30 correctly (83%). Following assessment, the assessment result will be provided to the candidate, and certificates for those who are successful are generated and provided electronically.

## **Age Range**

This award is provided for delivery to learners aged 16+ yrs.

## Delivery Information

All learning, tutor support and examination activity is carried out online. There is no fee for additional examination entry, however unsuccessful candidates are encouraged to contact the course tutor for support and advice. Please contact delivery partner The Safer Food Group (East GB Ltd) 0800 612 6784 info@[thesaferfoodgroup.com](mailto:thesaferfoodgroup.com) for more information.

## Learning Outcomes and Assessment Criteria

Learning Outcome	Assessment Criteria
1. Understand the need for a well-managed and nutritionally balanced diet, and the effect of poor or inappropriate nutrition on health.	1.1 Define the key terms and concepts and associated with nutrition and appropriate diet 1.2 Describe the effect on the body of poor or otherwise inappropriate diet 1.3 Identify the legal and professional dietary responsibilities incumbent on UK catering professionals
2. Understand the various essential food groups and the requirements for appropriate fluids, energy, carbohydrates, fats sugars and vitamins and minerals in nutrition for a range of age groups.	2.1 Describe what typically constitutes a nutritionally balanced and healthy diet 2.2 Explain the dietary role played by each of the food groups in a nutritional and balanced diet
3. Understand how to appropriately plan for and provide nutritionally appropriate diets including the provision for special diets.	3.1 Describe a range of approaches and considerations involved in the planning of a nutritionally balanced menu 3.2 Describe considerations when planning a special menu or diet for a range of age groups (life stages), food allergy sufferers, those with medical conditions, and cultural or ethnic groups

## Programme Syllabus

### 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:

- I. Describe how and why good nutrition is important to a healthy life

- II. Explain the relationship between food, social function and pleasure
- III. Outline the business case for a healthy balanced nutrition in a catering business or premises
- IV. 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:

- I. Explain the role fluids play in the correct function of the human body
- II. State the amount of fluid required per day for healthy nutrition
- III. Give examples of good fluids that positively contribute to a balanced diet, and examples of fluids not considered to be as beneficial
- IV. 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:

- I. Explain the role that energy plays in the correct function of the human body
- II. State the amount of energy required per day for healthy nutrition
- III. Discuss the changing energy requirements through life stages including pregnancy
- IV. Give examples of energy that positively contributes to a balanced diet, and examples of energy not considered to be as beneficial
- V. 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:

- I. Explain the role that carbohydrates and fibre play in the body
- II. Give examples of the various food groups that contribute carbohydrates and fibre
- III. Describe the different types of fibre and their function
- IV. 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:

- I. Explain the role that protein plays in the correct function of the human body
- II. State the amount of protein required per day for healthy nutrition at various stages in life
- III. Give examples of the various food groups that contribute protein to the diet
- IV. Give examples of sources of protein suitable for vegetarians & vegans
- V. 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:

- I. Explain the role that fats play in the correct function of the human body
- II. Describe the range of different types of fat and their effect on the body
- III. Explain the importance of healthy fats including omega 3 fats and their effect on cell function
- IV. 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:

- I. Explain the role that vitamins and minerals play in the correct function of the human body
- II. Describe the function of various important vitamin groups and give examples of sources
- III. Describe the function of various important mineral groups and give examples of sources
- IV. 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:

- I. Explain the concept and importance of a balance within the human diet
- II. State the basic dietary requirements for a balanced diet
- III. Describe the importance of fruit and vegetables in a healthy diet including the importance of the 5-a-day message
- IV. Describe the function the Eat Well plate guidance and its constituent portion sizing
- V. Outline a range of approaches and ideas for encouraging balanced nutrition when considering menu planning
- VI. 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:

- I. Describe and contrast the terms food allergy and food intolerance
- II. State the effect of recent law changes on allergenic ingredient labelling and handling
- III. State the 14 allergenic food ingredients named in recent UK legislation affecting all catering premises
- IV. Describe the nutritional requirements and common nutritional problems associated with a range of food allergies and intolerances
- V. 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:

- I. Describe the effect ethnic and religious choices may have on menu and nutritional planning
- II. 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
- III. Describe the changing nutritional requirements through age including infants, children, adolescents, adulthood and the elderly
- IV. Describe potential effect on nutrition of a range of food processing methods including cooking and preservation
- V. Understand the principle of food fortification and its limitations
- VI. List ways of providing food product or menu nutritional information

## Further professional development and training

Qualifi supports UK and international customers with training related to our qualifications. This support is available through a choice of training options offered through publications or through customised training at your centre.

The support we offer focuses on a range of issues including:

- planning for the delivery of a new programme
- planning for assessment and grading
- developing effective assignments
- building your team and teamwork skills
- developing student-centred learning and teaching approaches
- building in effective and efficient quality assurance systems.

You can request customised training through your registered centre in the first instance. If you need to contact Qualifi directly:

Our customer service number: +44 (0) 161 818 9904  
or delivery partner

The Safer Food Group Tel **0800 612 6784** [info@thesaferfoodgroup.com](mailto:info@thesaferfoodgroup.com)