

## Nutrition for Health (Level 2) – RSPH Award

### Overview

This qualification addresses the key role of nutrition in health and wellbeing. Its objective is to provide knowledge and understanding of the relationship between diet and health and wellbeing, as well as the role of food labelling and other factors in food choices. It equips learners with an awareness of the importance of healthy eating and the need to provide special diets/foods for specific clients.

### Outline

#### Healthy eating guidelines in comparison with the average UK diet

- Government guidelines for a healthy balanced diet
- Good sources of macronutrients and micronutrients
- Concept of energy balance
- Food intake compared to guidelines

#### How diet affects health and wellbeing

- Main diseases in the UK that have a link to food intake
- Food/drink choices, preparation / cooking methods and impact on health
- Food allergies and food intolerances and effect on wellbeing
- Food/menu labelling for health and wellbeing

#### Factors that influence food choices

- Tools for changing eating habits
- Sources of reliable nutritional information
- Factors (religious, ethical, economic) that can influence food choice

### Who should attend?

The qualification is useful for those who wish to enhance their existing knowledge of human nutrition. It is ideal for individuals who are in the catering, hospitality, care or leisure industries who need an understanding of what constitutes nutritious and healthy meals. In the health sector, it is relevant to health trainers and other health professionals and staff in a range of public services who need a good knowledge of human nutrition.

### Format

A one-day programme, for up to 12 people, with a short multiple-choice test, the successful completion of which qualifies participants for the RSPH Level 2 Foundation Award, *Nutrition for Health*.

### The expert trainer

**Frances** is a highly qualified (MA, BSc, FRSPH, Chartered Fellow CIPD, MCIEH, Post Grad Law Cert) independent consultant and trainer in the health and safety field with a postgraduate certificate in law. Formerly a training manager in a large London hospital, and with a background before that in catering management, Frances is also a registered CIEH and RSPH trainer, a qualified Food Inspector and Mentor and Affiliate of the Institute of Fire Engineers. She also has experience as a senior lecturer at a London college.

She has extensive practical management experience and is a very popular trainer generally but particularly in the hospitality and commercial sectors as well as with local and central government departments. With over 20 years' training experience in a diverse cross-section of organisations and holding various management and consultancy roles in global industries, Frances has a wide range of experience to draw upon.

See what people have said about her training:

- Lovely lady, well-paced training, well explained.
- Very good trainer!!
- Easy to understand, friendly atmosphere.
- Very good training.
- Very interesting and clear explanation.
- Helpful, approachable and knowledgeable.
- She's the best!
- Clear, concise and to the point.
- Very good – made the class enjoyable and easy to understand.