

Nutrition for Health (Level 3) – RSPH Award

Overview

The qualifications objective is to provide learners with the knowledge and understanding of a healthy balanced diet and how this can be applied to adjust diets/menus to align them with healthy eating guidelines, as well as how to deliver healthy eating messages, either through changes to food choices / diets / menus or through broader health campaigns.

Outline

How to plan and promote healthier food choices

- Key factors to consider when communicating healthy eating messages
- Adapting healthy eating messages for certain populations
- How to deliver reliable nutrition information

Internal and external factors that drive food choices

- ‘Triggers’ and how they may affect personal food choices
- Internal / external triggers and the impact they may have on food choices
- Using triggers to improve food choices

Identifying improvements within a specific diet or menu

- Using a food diary to suggest healthier alternatives
- Areas within the average diet where alternatives could be suggested
- Factors influencing acceptable alternatives in food choices

How to address specific health conditions by changing a diet or menu

- Specific health conditions and the role nutrition plays
- How to adapt diets or meal plans for specific health conditions
- Possible impact of cooking methods on health

Who should attend?

This qualification is suitable for people working in the catering, hospitality, leisure or care sectors and others who are in a position to promote healthy eating. It is also relevant to health and teaching professionals who might have a role in the promotion of healthy eating or the preparation of meals, menus and diets.

Format

A three-day programme, for up to 12 people, with a short multiple-choice test, the successful completion of which qualifies participants for the RSPH Level 3 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.