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Qualification Specification

Highfield Level 2 Award in Healthy Food and Special Diets (RQF)

Qualification Number: 603/1401/1

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Highfield Level 2 Award in Healthy Food and Special Diets (RQF)

Introduction

This qualification 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 account manager.

Qualification regulation and support

The Highfield Level 2 Award in Healthy Food and Special Diets (RQF) has been accredited by the regulators of England and is part of the Regulated Qualifications Framework (RQF). The RQF is an English qualification framework and includes those qualifications regulated by Ofqual. It is also suitable for delivery in Wales and Northern Ireland and is regulated by Qualifications Wales and CCEA Regulation respectively.

Key facts

Qualification number:	603/1401/1
Learning aim reference:	60314011
Credit value:	1
Assessment method:	Multiple-choice examination
Guided learning hours (GLH):	5 hours
Total qualification time (TQT):	7 hours

Qualification overview and objective

The Highfield Level 2 Award in Healthy Food and Special Diets 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.

Entry requirements

There are no prerequisites for this qualification.

It is advised that learners have a minimum of Level 1 in English and maths or equivalent.

Delivery/assessment ratios

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

Guidance on delivery

The total qualification time (TQT) for this qualification is 7 hours and of this 5 hours are recommended as guided learning hours (GLH).

TQT is an estimate of the total number of hours it would take an average learner to achieve and demonstrate the necessary level of attainment to be awarded with a qualification, both under direct supervision (forming guided learning hours) and without supervision (all other time). TQT and GLH values are advisory and assigned to a qualification as guidance.

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 assessment model requires learners to choose one of the prescribed options to answer a set examination question. The examination for this qualification contains 20 questions that must be completed within 30 minutes.

Successful learners will have to demonstrate knowledge and understanding across the qualification syllabus and achieve a pass mark of 14.

Learners can access and complete the examination using the Highfield Qualifications' on-screen e-assessment platform or in paper-based format.

Where paper-based examinations are used, completed examination papers should be returned to Highfield Qualifications 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.

Guidance on quality assurance

The examination for this qualification is set and marked by Highfield Qualifications.

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 Qualifications website. This policy should be read in conjunction with this specification and all other relevant Highfield Qualifications documentation.

Tutor requirements

Highfield Qualifications 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:
 - Food Science
 - Environmental Health
 - Home Economics
 - Microbiology; or
 - one that contains elements of these subjects
- HNC/D in a related subject (as outlined above);
- Graduate Diploma in Food Science and Technology of the Institute of Food Science and Technology; or
- any other Highfield Qualifications approved qualification

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.

Reasonable adjustments and special considerations

Highfield Qualifications has measures in place for learners who require additional support. Please refer to Highfield Qualifications' Reasonable Adjustments Policy for further information/guidance.

ID requirements

It is the responsibility of the centre to have systems in place to ensure that the person taking an assessment is indeed the person they are claiming to be. All centres are therefore required to ensure that each learner's identification is checked before they undertake the assessment. Highfield Qualifications recommends the following as proof of a learner's identity:

- a valid passport (any nationality)
- a signed UK photocard driving licence
- a valid warrant card issued by HM forces or the police
- another photographic ID card, e.g. employee ID card, student ID card, travel card etc.

If a learner is unable to produce any of the forms of photographic identification listed above, a centre may accept another form of identification containing a signature, for example, a credit card. Identification by a third-party representative, such as a line manager, human resources manager or invigilator, will also be accepted.

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

Progression opportunities

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

- Highfield Level 2 Award in Food Safety in Catering
- Highfield Level 3 Award in Food Allergen Management for Caterers
- Highfield Level 3 Award in Principles of Developing a Positive Food Safety Culture

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

Useful websites

NHS Choice: www.nhs.uk (search for healthy eating or Eatwell Guide)

Children's Food Trust: www.childrensfoodtrust.org.uk

Public Health England: www.gov.uk/government/organisations/public-health-england

Recommended training materials

The Foundation Nutrition & Health Handbook, Dr Mabel Blades, 7th edition 2017, Highfield International Limited

Appendix 1: Qualification structure

To complete the **Highfield Level 2 Award in Healthy Food and Special Diets**, learners must complete one mandatory unit.

Unit reference	Unit title	Level	GLH	Credit
D/615/6771	Healthy Food and Special Diets	2	5	1

Appendix 2: Qualification content

Unit 1: Healthy Food and Special Diets

Unit number: D/615/6771

Credit: 1

GLH: 5

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 food preparation techniques that help maintain the nutritional value of food
2. Understand how to plan and provide special diets	2.1 Describe the main features of special diets 2.2 Describe the impact of special diets on health 2.3 Describe food preparation techniques suited to those on special diets

Amplification
<p>A healthy diet</p> <ul style="list-style-type: none"> • The Eatwell Guide • Energy from fat, protein, carbohydrates and alcohol • Energy requirements including an overview for different age groups • Fluid requirements including an overview for different age groups • Food labels • Reference Intakes (RIs) <p>Essential nutrients</p> <ul style="list-style-type: none"> • Carbohydrates including sugars (intrinsic and extrinsic or free sugar), starches and dietary fibre (NSP). The terms refined and unrefined carbohydrates • Protein • Fats including unsaturated fats and saturated fats • Vitamins with general reference to the B vitamin group (with particular note of vitamin B12), folic acid, vitamin C, vitamin A and vitamin D • Minerals with particular reference to iron, sodium, calcium and zinc

- Reference to the terms water-soluble and fat-soluble vitamins and anti-oxidants

Impact of diet on health

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

Food preparation techniques that help maintain the nutritional value of food

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

Main features of special diets

Special diets through life stages

- Overview of diets for babies, toddlers, school-age children, 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

Specials diets for health issues

- Allergies and intolerances with particular reference to gluten-free diets
- Obesity
- Coronary heart disease
- High blood pressure
- Undernutrition

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

Appendix 3: Sample assessment material

Sample questions:

1. The amount of calories men are advised to take each day is:
 - A. 1500 kcal
 - B. 2000 kcal
 - C. 2500 kcal
 - D. 3000 kcal

2. The **best** source of Vitamin C is:
 - A. red meat
 - B. fruit and vegetables
 - C. dairy products
 - D. sparkling water

3. A customer with coeliac disease is **best** served:
 - A. smoked salmon quiche and salad
 - B. ham and mushroom pizza
 - C. roast chicken, new potatoes and carrots
 - D. battered fish, chips and peas