

Qualification Purpose Statement

Qualification title

NCFE CACHE Level 2 Certificate in Understanding Nutrition and Health (601/3389/2)

Overview

This qualification has the following mandatory units:

- **Explore principles of healthy eating (R/505/2204)**
This unit starts by looking at how diet affects a person's health. Learners then look at how the 5 food groups contribute to a healthy diet and the role of different nutrients in maintaining health. Learners will also gain an understanding of healthy food preparation.
- **Consider nutritional needs of a variety of individuals (J/601/2535)**
This unit encourages learners to look at how nutritional needs vary with age. Learners will gain an understanding of the special dietary requirements of vegetarians, those with different religious and cultural requirements and those with allergies. They also gain an awareness of the factors that create barriers to healthy eating.
- **Use food and nutrition information to plan a healthy diet (M/601/2545)**
In this unit, learners gain an awareness of the information that is provided on food labels and how this may be used to plan a healthy diet. They will learn the facts behind nutritional claims on food labels and will consider the advantages and disadvantages of using food additives. Learners will also evaluate their own diet and make recommendations for improvement.
- **The principles of weight management (L/505/2203)**
This unit aims to give learners an understanding of weight management and how to plan a short-term weight management programme.
- **Understanding eating disorders (D/506/2928)**
This unit gives learners an understanding of different types of eating disorders, how they develop and their effect on health and wellbeing.
- **Principles of food safety for the home environment (T/506/3146)**
In this unit learners will understand food safety in a home environment. They will investigate safe handling of food, food storage and food disposal. They will also look at correct cooking temperatures to ensure food is safe to eat.

Who is this qualification designed for?

This qualification is suitable for learners aged pre-16 and above.

There are no specific prior qualifications needed to access this qualification. This qualification is designed for a wide range of learners with some existing knowledge of this area who are interested in improving their understanding of nutrition and healthy eating. These may be learners who wish to access this training with a view to progress to further qualifications or employment within Sport and Recreation, Exercise and Fitness, Hospitality and Catering or Healthcare. It complements other qualifications and enables learners to develop within their current job role within these sector areas.

What could this qualification lead to?

This qualification can support progression to employment and progression within employment for the following job roles and workers:

- care assistant or worker
- personal care assistant
- support worker (supported living)
- key workers in domiciliary care services
- home care support worker
- healthcare support service worker
- healthcare assistant
- health education/promotion worker
- sport and exercise nutritionist
- exercise/fitness instructor
- hospitality services assistant, school cook
- cook/chef.

Progression opportunities

This qualification supports progression to further learning in the following areas:

- Level 2 NVQ Diploma in Professional Cookery
- Level 2 Certificate in Hospitality and Catering Principles
- Level 2 Diploma in Exercise, Health and Fitness Instructing
- Level 2 Diploma in Health and Fitness
- Level 2 and 3 Certificate in Preparing to Work in Adult Social Care
- Level 2 and 3 Certificate for Working in the Health Sector
- Advanced Level Apprenticeship in Professional Cookery
- Intermediate and Advanced Level Apprenticeship in Catering and Professional Chefs
- Intermediate and Advanced Level Apprenticeship in Health & Social Care
- Intermediate and Advanced Level Apprenticeship in Health (Clinical Healthcare Support)

Who supports the qualification?

The qualification is supported by providers listed on the Register of Training Organisations and who have current contracts for delivery of provision in Health and Social Care. For further information please contact CACHE on 0345 347 2123 or email us at info@cache.org.uk.