



# Step Up

## Training and Care

From Training to Caring, we deliver excellence

Qualification Name	<b>Level 2 Award in Healthy Food and Special Diets</b>
Qualification achieved	Highfield Level 2 Award in Healthy Food and Special Diets (RQF) 603/1401/1

### Qualification Structure

You will be assigned a personal assessor who will help guide you through the learning criteria for this qualification, delivered as a distance learning qualification. Final assessment is via a multiple-choice exam which is graded as pass/fail.

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 14/20.

### Qualification Duration

The duration of the qualification depends on whether the learner has had prior learning or prior achievements, as this may reduce the time needed to prepare for the assessment. However, the total time for this qualification is 7 hours. 5 of these hours, are recommended as guided learning hours.

### Costs

This course is £70

50% is payable at point of enrolment with the remaining 50% payable upon completion of the qualification

### Who can enrol for this course?

Must be aged 16+.

### Entry requirements

Whilst there are no formal entry requirements, It is advised that learners have a minimum of level 1 in English and Maths or equivalent.

### Who is this qualification suitable for?

This qualification is suited and 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.

Suited to workers across many various industries including health care settings and hospitality industries

On completion of this online course, a learner should be able to:

- Understand the basic principles of healthy eating and the role of food in maintaining health
- Be confident in planning and achieving a healthy diet
- Have an increased knowledge of food and health issues

#### Certification

Upon successful completion of this qualification, you will be issued with a hard copy of your certificate.

#### Enrolment

Full details of how to enrol on this qualification can be found on our website, under the section Enrolment.

#### Module Content

Learners must complete the one mandatory unit:

##### Mandatory unit

- Healthy Food and Special Diets (Level 2, Credit Value 1)