



RSPH Healthier Foods and Special Diets Award - H090

This qualification is aimed at those involved in catering, food and health-related occupations, and also to carers, community workers, fitness trainers and other individuals who have a role in promoting healthy diets. It would be appropriate as part of lifestyle education for people of all ages, especially for young people and is relevant for anyone wanting to understand the key food-related health issues and how to plan a balanced diet.

COURSE DETAILS

The programme will provide you with a good understanding of the basic principles of nutrition which underpin the production of healthy meals and preparation of special diets, and the key role of nutrition in health. It will teach participants how to plan healthy and nutritious meals and cater for people who need special diets for cultural, religious, ethical or personal reasons.

ENTRY GUIDELINES

Applicants should have communication and comprehension skills, at level 2 as there is a multiple choice assessment at the end of the course. If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

Office use only. Non Standard 17c.

EQUIPMENT REQUIRED

Note pad and pen

ASSESSMENT METHOD

Attainment of learning outcomes will be assessed by an examination consisting of twenty multiple choice questions to be completed in 30 minutes. A candidate who is able to satisfy the learning outcomes will be awarded a score of at least 60% in the examination.

WHERE CAN I PROGRESS TO?

Explore potential careers via [Career Match](#) — it provides current local data on wages and employment prospects.

WHEN DOES THIS COURSE RUN?

CAMPUS	STARTS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE		
				DAY	TIMES	CAMPUS
Conway Park	08th Feb 2021	Part Time	H090M001	Monday	09:00 - 16:00	Conway Park

If you are aged 19 or over:

Fee : £95.00

Please note, there are no discounts for this course.

The fee quoted is for the academic year 2020-21.

CAMPUS	STARTS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	07th Feb 2022	Part Time	H090N001	

If you are aged 19 or over:

Fee : £95.00

Please note, there are no discounts for this course.

The fee quoted is for the academic year 2020-21.

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 25th November, 2020 and may be subject to change.