

# Qualification Specification

Focus Awards Level 2 Certificate in  
Understanding Nutrition and Health (RQF)

601/7372/5



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## Focus Awards Level 2 Certificate in Understanding Nutrition and Health (RQF)

### Qualification Details

QRN: 601/7372/5

Credit: 15

GLH: 126

TQT: 150

### Qualification Purpose

Focus Awards Level 2 Certificate in Understanding Nutrition and Health (RQF) is aimed at learners who are currently working or intend to work in the health care, sports and recreation or hospitality and catering sector.

The purpose of the Focus Awards Level 2 Certificate in Understanding Nutrition and Health (RQF) is to provide learners with the knowledge and understanding of the importance nutrition has on health, focusing on the principles of healthy eating, planning and achieving a healthy diet, weight management and food safety in a home environment.

### Learner Entry Requirements

There are no specific entry requirements for this qualification.

### Age Ranges

Entry is at the discretion of the centre; however learners should be 16 to undertake this qualification.

### Geographical Coverage

This qualification has been accredited for use in England and Northern Ireland.

### Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Focus Awards Reasonable Adjustments and Special Consideration Policy.'

## Assessment Methods

Each learner is required to create portfolio of evidence which demonstrates achievement of all the learning outcomes and the assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include:

- Assessor observation – completed observational checklists on related action plans
- Witness testimony
- Learner product
- Worksheets
- Assignments / projects / reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Evidence may be drawn from actual or simulated situations where appropriate and where permitted by the relevant Sector Skills Council or Sector Skills Body.

## Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

- Level 2 qualifications in hospitality and catering
- Level 3 qualifications in Health Promotion
- Level 3 Certificate in Preparing to work in Adult Social Care
- Level 3 Certificate for Working in the Health Sector
- Advanced Level Apprenticeship in Health and Social Care

## Useful websites and supporting materials

You will find useful websites and supporting materials here:

- [www.focusawards.org.uk](http://www.focusawards.org.uk)
- [www.hse.gov.uk/](http://www.hse.gov.uk/)
- [Ofqual.gov.uk](http://Ofqual.gov.uk)
- [www.skillsforhealth.org.uk](http://www.skillsforhealth.org.uk)

## Qualification Structure/Rules of Combination

In order to achieve the Focus Awards Level 2 Certificate in the Principles of the Prevention and Control of Infection in Health Care settings (RQF) a learner must complete 6 mandatory units achieving a total of 15 credits.

Unit Title	Unit Ref	Level	GLH	Credit
<b>Mandatory units</b>				
Explore principles of healthy eating	R/505/2204	2	38	5

Consider nutritional needs of a variety of individuals	J/601/2535	2	35	4
Use food and nutrition information to plan a healthy diet	M/601/2545	2	25	3
The principles of weight management	L/505/2203	2	8	1
Understanding eating disorders	D/506/2928	2	10	1
Principles of food safety for the home environment	T/506/3146	2	10	1

### Requirements for Tutors:

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however; consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

### Requirements for assessors:

Assessors will be required to hold, or be working towards a relevant assessing qualification. This may include qualifications such as the Level 3 Certificate in Assessing Vocational Achievement, or the Level 3 Award in Assessing Competence in the Work Environment. Focus Awards will however; consider other relevant assessing qualifications upon submission. Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor. Assessors must also be able to show they are occupationally competent within the sector area.

### Requirements for Internal Quality Assurers (IQA):

Internal Quality Assurers should hold or be working towards the following an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however; consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.