

## **ARMY CHEF – NUTRITION LEVEL 2**

### **Aim**

This qualification covers the key role of nutrition in health and wellbeing. Its objective is to provide learners with knowledge and understanding of the relationship between diet and health and wellbeing, as well as the role of food labelling and other factors in food choices.

It will equip learners with an awareness of the importance of healthy eating and the need to provide special diets/foods for specific clients.

The qualification is useful for those who wish to enhance their existing knowledge of human nutrition. It is also ideal for individuals who are in the catering, hospitality, care or leisure industries who need an understanding of what constitutes nutritious and healthy meals.

### **Duration**

The time allocated for delivery of the training is 8 hours of guided learning, and a Total Qualification Time of 14 hours.

### **Cost and Payment**

Contact the CPD Centre for the cost of this course, SLC can be used for this course.

### **Method of Delivery**

The guided learning is provided in a classroom, with the learner also undertaking some self-study outside of the formal learning environment.

On completion of the course learner will undertake a formal Multi-Choice Question Paper (MCQP) and must achieve 20 correct answers out of 30.

### **Nutrition Level 2 specifics**

The link below provides the detailed requirements for this qualification:

[Level 2 Nutrition for Health](#)

### **Mentor Support**

Mentor support for this qualification is provided by the tutor delivering the training

### **Equipment Required**

No equipment is required to undertake this qualification, however the use of IT to connect to the internet, for research purposes, is advised.

### **Certification Process**

Following the completion of the MCQP it is submitted to RSPH for marking. Learners who meet the requirements will then have a certificate issued and sent to the CPD Centre. The CPD Centre will then forward all certificates to the learners.

### **Further Information**

Please contact the CPD Centre, FSTW on 94271 7666 / 7247 or 01962 887666 / 247