

ARMY CHEF – NUTRITION LEVEL 3

Aim

This qualification is suitable for people working in the catering, hospitality, leisure or care sectors and others who are in a position to promote healthy eating. It is also relevant to health and teaching professionals who might have a role in the promotion of healthy eating or the preparation of meals, menus and diets.

The qualification's objective is to provide learners with the knowledge and understanding of a healthy balanced diet and how this can be applied to adjust diets/menus to align them with healthy eating guidelines, as well as how to deliver healthy eating messages, either through changes to food choices/diets/menus or broader health campaigns. It also covers the relationship between diet and health and wellbeing, including the role that other influences, such as internal and external triggers, may have on diet.

Upon completion of this qualification, learners will understand and apply healthy eating guidelines and/or information provided by nutrition professionals to the development of recipes and menus, in order to provide healthy balanced options to meet the needs of individuals or groups.

Duration

The time allocated for delivery of the training is 23 hours of guided learning, and a Total Qualification Time of 30 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 26 correct answers out of 40.

Nutrition Level 3 specifics

The link below provides the detailed requirements for this qualification:

[Level 3 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