



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

601/7372/5

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## Qualification Summary

Level	Sector	Qualification Type
2	Health and Social Care	Vocationally-Related Qualification
Total Qualification Time	Credit Value	Guided Learning Hours
150	15	126
Status	Methods of Assessment	Minimum Age
Available to Learners	Portfolio of Evidence	16



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

QRN: 601/7372/5

GLH: 126

TQT: 150

Credit: 15

## 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.

## Age Range

Entry is at the discretion of the centre. However, learners should be aged 16 to undertake this qualification.

## Geographical Coverage

This qualification is available in England.

## Learner Entry Requirements:

Focus Awards does not set any other entry requirements, but additional criteria may be requested or specified by the centre.

## Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations Policy'. A copy is available for download from the Focus Awards website at the following url: <https://www.focusawards.org.uk/wp-content/uploads/2016/08/Reasonable-Adjustments.pdf>

## Assessment Methods

This qualification is Internally Assessed. Each learner must create a portfolio of evidence that demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include some or all of the following:

- Assessor observation
- Witness testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

## Progression Routes

Learners seeking progress from this qualification can advance their skills further through the following:

- Level 2 Qualification in Hospitality and Catering (RQF)
- Level 3 Qualification in Health Promotion (RQF)
- Level 3 Certificate in preparing to work in Adult Social Care (RQF)
- Level 3 Certificate for working in the Health Sector (RQF)
- Advanced Level Apprenticeship in Health and Social Care (RQF)

## Supporting Material and Useful Websites

- <https://focusawards.org.uk/supportingmaterials>
- <https://ofqual.gov.uk>

## Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Explore principles of healthy eating	R/505/2204	2	5	38
Consider nutritional needs of a variety of individuals	J/601/2535	2	4	35
Use food and nutrition information to plan a healthy diet	M/601/2545	2	3	25
The principles of weight management	L/505/2203	2	1	8
Understanding eating disorders	D/506/2928	2	1	10
Principles of food safety for the home environment	T/506/3146	2	1	10

## Staff Requirements

### Requirements for Tutors/Instructors

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 includes qualifications such as:

- Level 3 Award in Assessing Competence in the Work Environment
- Level 3 Award in Assessing Vocationally-Related Achievement
- Level 3 Certificate in Assessing Vocational Achievement

Focus Awards will however; consider other relevant assessing qualifications upon submission.

Assessors who only hold the Level 3 Award in Understanding the Principles and Processes of Assessment will be required to complete an additional programme of study to achieve the relevant competency units required for one of the qualifications listed above.

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.