

Level 2 Award in the Principles Nutrition in Food Production (7165-20)

August 2018 Version 2.0



Qualification at a glance

Subject area	Hospitality
City & Guilds number	7165
Age group approved	16+
Entry requirements	Level 2
Assessment	Assignment
Fast track	n/a
Support materials	Centre handbook Assignment guide
Registration and certification	Consult the Walled Garden/Online Catalogue for last dates

Title and level	GLH	TQT	City & Guilds number	Accreditation number
Level 2 Award in the Principles of Nutrition in Food Production	6	10	7165-20	600/7074/2

Version and date	Change detail	Section
1.1 September 2017	Added TQT details	Qualification at a glance and Structure
	Deleted QCF	Throughout
2.0 August 2018	Replaced 'eat well plate' with 'Eatwell guide'	Unit 201, AC 2.1



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1 Introduction

This document tells you what you need to do to deliver the qualification:

Area	Description
Who is the qualification for?	For candidates who are either working as a chef or undertaking qualifications and learning to be a chef and want to gain a better understanding of nutrition and its benefits.
What does the qualification cover?	It allows candidates to learn and develop their knowledge in nutrition within food production.
Is] the qualification part of a framework or initiative?	n/a
Who did we develop the qualification with?	It was developed in association with People 1 st SSC and Unilever.
What opportunities for progression are there?	It allows candidates to progress into employment or to the following City & Guilds qualifications: <ul style="list-style-type: none">• Level 2 Hospitality and Catering qualifications

Structure

To achieve the Level 2 Award in the Principles of Nutrition in Food Production, learners must achieve **1** credit from the mandatory unit.

Unit accreditation number	City & Guilds unit number	Unit title	Credit value
Mandatory			
Y/504/4864	Unit 201	Principles of nutrition in food production environments	1

Total Qualification Time

Total Qualification Time (TQT) is the total amount of time, in hours, expected to be spent by a Learner to achieve a qualification. It includes both guided learning hours (which are listed separately) and hours spent in preparation, study and assessment.

Title and level	GLH	TQT
Level 2 Award in the Principles of Nutrition in Food Production	6	10



2 Centre requirements

Approval

If there is no fast track approval for this qualification, existing centres who wish to offer this qualification must use the **standard** Qualification Approval Process.

To offer this qualification, new centres will need to gain both centre and qualification approval. Please refer to the *Centre Manual - Supporting Customer Excellence* for further information.

Centre staff should familiarise themselves with the structure, content and assessment requirements of the qualification[s] before designing a course programme.

Resource requirements

Centre staffing

Staff delivering this qualification must be able to demonstrate that they meet the following occupational expertise requirements. They should:

- be occupationally competent or technically knowledgeable in the area for which they are delivering training and/or have experience of providing training. This knowledge must be to the same level as the training being delivered
- have recent relevant experience in the specific area they will be assessing
- have credible experience of providing training.

Centre staff may undertake more than one role, eg tutor and assessor or internal quality assurer, but cannot internally verify their own assessments.

Assessors and Internal Quality Assurer

Assessor/Internal Quality Assurer TAQA qualifications are valued as qualifications for centre staff, but they are not currently a requirement for the qualification.

Continuing professional development (CPD)

Centres must support their staff to ensure that they have current knowledge of the occupational area, that delivery, mentoring, training, assessment and verification is in line with best practice, and that it takes account of any national or legislative developments.

Candidate entry requirements

City & Guilds does not set entry requirements for this qualification. However, centres must ensure that candidates have the potential and opportunity to gain the qualification successfully.

Age restrictions

There is no age restriction for this qualification unless this is a legal requirement of the process or the environment.



3 Delivering the qualification

Initial assessment and induction

An initial assessment of each candidate should be made before the start of their programme to identify:

- if the candidate has any specific training needs,
- support and guidance they may need when working towards their qualification
- any units they have already completed, or credit they have accumulated which is relevant to the qualification
- the appropriate type and level of qualification.

We recommend that centres provide an induction programme so the candidate fully understands the requirements of the qualification, their responsibilities as a candidate, and the responsibilities of the centre. This information can be recorded on a learning contract.

Support materials

The following resources are available for this qualification:

Description	How to access
Assignment guide	www.cityandguilds.com



4 Assessment

City & Guilds has written the following assessments to use with this qualification:

- Assignments

Unit	Title	Assessment method	Where to obtain assessment materials
201	Principles of nutrition in food production environments	Assignment	www.cityandguilds.com

Recognition of prior learning (RPL)

Recognition of prior learning means using a person's previous experience or qualifications which have already been achieved to contribute to a new qualification.

RPL is not allowed for this qualification.



5 Units

Structure of units

These units each have the following:

- City & Guilds reference number
- unit accreditation number (UAN)
- title
- level
- credit value
- guided learning hours
- unit aim
- relationship to NOS, other qualifications and frameworks
- endorsement by a sector or other appropriate body
- information on assessment
- learning outcomes which are comprised of a number of assessment criteria

Unit 201

Principles of nutrition in food production environments

UAN:	Y/504/4864
Level:	2
Credit value:	1
GLH:	6
Relationship to NOS:	n/a
Endorsement by a sector or regulatory body:	This unit is endorsed by People 1st
Aim:	This unit has been devised to assess the candidates' understanding of the fundamentals of nutrition and how nutrients can be maximised when preparing food in commercial environments.

Learning outcome

The learner will:

1. understand the key groups used to categorise nutrients found in food

Assessment criteria

The learner can:

- 1.1 describe the differences between the different **nutrients** found in food
- 1.2 state the sources of the key nutrients found in food
- 1.3 state what is meant by the term '**micronutrients**'
- 1.4 list the common sources of vitamins and minerals found in food
- 1.5 explain the importance of fluid in the diet
- 1.6 explain how the nutritional requirements of **population groups** can differ
- 1.7 state how the concept of calories are used as a measurement

Range

Nutrients include:

- Protein
- Carbohydrate
- Fats
- Fibre

- Fluid

Micronutrients including:

- Vitamins
- Minerals

Population groups:

- Elderly
- Children
- Pregnant women

Learning outcome

The learner will:

2. understand the impact that nutrition has upon maintaining health

Assessment criteria

The learner can:

- 2.1 describe what is meant by the terms '**balanced diet**' and 'the Eatwell Guide'
- 2.2 explain the **impact that a poor diet can have** upon an individual's physical development and the maintenance of health
- 2.3 describe the impact that **allergenic reactions** and **food intolerances** caused by food can have upon individuals
- 2.4 describe the ways in which **nutrition campaigns** can impact on the development of new dishes

Range

Balanced diet

Adequate amounts of each of the different nutrient group for an individual

Impact that a poor diet can have

High fat – Obesity-related health issues

High salt – High blood pressure

Low fibre - Constipation

Calcium deficiency - Bone health

Iron deficiency - Anaemia

Allergenic reactions

Nuts, seeds, shellfish

Food intolerances

Gluten, lactose

Nutrition campaigns

Government-supported (national, region)

Learning outcome

The learner will:

3. know how to identify the nutritional value of food stuff

Assessment criteria

The learner can:

- 3.1 describe how **nutrient values** can be identified on food labels
- 3.2 state the reasons for providing **nutrient information** on packaging
- 3.3 calculate the nutrients found in foods according to different **unit sizes**

Range**Nutrient values**

Fat, protein, carbohydrate, salt

Nutrient information

Ingredients, allergy information, calorific content, best before date

Unit Sizes

Per package/container/item

For 10 portions

Per individual portion

Per gramme

Learning outcome

The learner will:

4. know how to maximise the nutritional value of food during preparation and cooking

Assessment criteria

The learner can:

- 4.1 describe the **impact** that heat has upon the retention of nutrients in food
- 4.2 outline the **methods** used to retain vitamin content during food preparation and cooking
- 4.3 state how nutrients can be supplemented to increase the nutritional value of dishes
- 4.4 describe the impact on the nutritional content of dishes as a result of rules associated with special diets

Range**Impact**

Loss of vitamins

Methods

- Preparation methods (peeling, skinning, cutting)
- Minimise time between preparation and cooking
- Shortening preparation time and cooking time
- Reduction in the amount of water used
- Using alternative cooking methods



Appendix 1 Relationships to other qualifications

Links to other qualifications

Mapping is provided as guidance and suggests areas of commonality between the qualifications. It does not imply that candidates completing units in one qualification have automatically covered all of the content of another.

Centres are responsible for checking the different requirements of all qualifications they are delivering and ensuring that candidates meet requirements of all units/qualifications.

Literacy, language, numeracy and ICT skills development

This qualification can develop skills that can be used in the following qualifications:

- Functional Skills (England) – see www.cityandguilds.com/functionalskills
- Essential Skills (Northern Ireland) – see www.cityandguilds.com/essentialskillsni
- Essential Skills Wales – see www.cityandguilds.com/esw



Appendix 2 Sources of general information

The following documents contain essential information for centres delivering City & Guilds qualifications. They should be referred to in conjunction with this handbook. To download the documents and to find other useful documents, go to the **Centres and Training Providers homepage** on **www.cityandguilds.com**.

Centre Manual - Supporting Customer Excellence contains detailed information about the processes which must be followed and requirements which must be met for a centre to achieve 'approved centre' status, or to offer a particular qualification, as well as updates and good practice exemplars for City & Guilds assessment and policy issues. Specifically, the document includes sections on:

- The centre and qualification approval process
- Assessment, internal quality assurance and examination roles at the centre
- Registration and certification of candidates
- Non-compliance
- Complaints and appeals
- Equal opportunities
- Data protection
- Management systems
- Maintaining records
- Assessment
- Internal quality assurance
- External quality assurance.

Our Quality Assurance Requirements encompasses all of the relevant requirements of key regulatory documents such as:

- SQA Awarding Body Criteria (2007)
- NVQ Code of Practice (2006)

and sets out the criteria that centres should adhere to pre and post centre and qualification approval.

Access to Assessment & Qualifications provides full details of the arrangements that may be made to facilitate access to assessments and qualifications for candidates who are eligible for adjustments in assessment.

The **centre homepage** section of the City & Guilds website also contains useful information such on such things as:

- **Walled Garden:** how to register and certificate candidates on line
- **Events:** dates and information on the latest Centre events
- **Online assessment:** how to register for e-assessments.

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Useful contacts

UK learners General qualification information	T: +44 (0)844 543 0033 E: learnersupport@cityandguilds.com
Centres Exam entries, Certificates, Registrations/enrolment, Invoices, Missing or late exam materials, Nominal roll reports, Results	T: +44 (0)844 543 0000 F: +44 (0)20 7294 2413 E: centresupport@cityandguilds.com
Single subject qualifications Exam entries, Results, Certification, Missing or late exam materials, Incorrect exam papers, Forms request (BB, results entry), Exam date and time change	T: +44 (0)844 543 0000 F: +44 (0)20 7294 2413 F: +44 (0)20 7294 2404 (BB forms) E: singlesubjects@cityandguilds.com
International awards Results, Entries, Enrolments, Invoices, Missing or late exam materials, Nominal roll reports	T: +44 (0)844 543 0000 F: +44 (0)20 7294 2413 E: intops@cityandguilds.com
Walled Garden Re-issue of password or username, Technical problems, Entries, Results, e-assessment, Navigation, User/menu option, Problems	T: +44 (0)844 543 0000 F: +44 (0)20 7294 2413 E: walledgarden@cityandguilds.com
Employer Employer solutions, Mapping, Accreditation, Development Skills, Consultancy	T: +44 (0)121 503 8993 E: business@cityandguilds.com
Publications Logbooks, Centre documents, Forms, Free literature	T: +44 (0)844 543 0000 F: +44 (0)20 7294 2413

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