



City & Guilds Level 2 Award in the Principles of Nutrition (7165-21)

Version 2.1 (September 2024)

Qualification Handbook

Qualification at a glance

Subject area	Hospitality
City & Guilds number	7165
Age group approved	16+
Entry requirements	n/a
Assessment	Assignment
Grading	Pass/Fail
Approvals	Full approval required
Support materials	Assessment Guidance, Answer Pack
Registration and certification	Consult the Walled Garden/Online Catalogue for last dates

Title and level	City & Guilds qualification number	Regulatory reference number	GLH	TQT
City & Guilds Level 2 Award in the Principles of Nutrition	7165-21	600/7075/4	5	10

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 202, AC 2.1
2.1 September 2024	Handbook reviewed and updated to the new template	Throughout
	Additional assessment guidance added	Assessment

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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?	This qualification is for those individuals 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
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
Who did we develop the qualification with?	It was developed in association with People 1st SSC and Unilever
Is it part of an apprenticeship framework or initiative?	n/a

Structure

To achieve the City & Guilds Level 2 Award in the Principles of Nutrition (7165-21) learners must achieve:

Unit accreditation number	City & Guilds unit number	Unit title	Credit value	GLH
Mandatory units				
D/504/4856	Unit 202	Principles of Nutrition	1	5

Total Qualification Time (TQT)

Total Qualification Time (TQT) is the number of notional hours which represents an estimate of the total amount of time that could reasonably be expected for a learner to demonstrate the achievement of the level of attainment necessary for the award of a qualification.

TQT comprises of the following two elements:

- 1) the number of hours that an awarding organisation has assigned to a qualification for guided learning
- 2) an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but, unlike guided learning, not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

Title and level	GLH	TQT
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2 Centre requirements

Approval

Full approval

To offer this qualification, new centres will need to gain both centre and qualification approval. Please refer to the document **Centre Approval Process: Quality Assurance Standards** for further information.

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

Resource requirements

Centre staffing

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

- be occupationally competent or technically knowledgeable in the area(s) 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.

Continuing professional development (CPD)

Centres are expected to support their staff in ensuring that their knowledge remains current of the occupational area and of best practice in delivery, mentoring, training, assessment, and quality assurance, and that it takes account of any national or legislative developments.

Quality assurance

Approved centres must have effective quality assurance systems to ensure optimum delivery and assessment of qualifications. Quality assurance includes initial centre approval, qualification approval and the centre's own internal procedures for monitoring quality. Centres are responsible for internal quality assurance and City & Guilds is responsible for external quality assurance. All external quality assurance processes reflect the minimum requirements for verified and moderated assessments, as detailed in the Centre Assessment Standards Scrutiny (CASS), section H2 of Ofqual's General Conditions. For more information on both CASS and City & Guilds Quality Assurance processes visit: the [What is CASS?](#) and [Quality Assurance Standards](#) documents on the City & Guilds website.

Standards and rigorous quality assurance are maintained by the use of:

- internal quality assurance
- City & Guilds external quality assurance.

In order to carry out the quality assurance role, Internal Quality Assurers must

- have appropriate teaching and vocational knowledge and expertise
- have experience in quality management/internal quality assurance
- hold or be working towards an appropriate teaching/training/assessing qualification
- be familiar with the occupation and technical content covered within the qualification.

External quality assurance for the qualification will be provided by City & Guilds EQA process. EQAs are appointed by City & Guilds to approve centres, and to monitor the assessment and internal quality assurance carried out by centres. External quality assurance is carried out to ensure that assessment is valid and reliable, and that there is good assessment practice in centres.

The role of the EQA is to:

- provide advice and support to centre staff
- ensure the quality and consistency of assessments and marking/grading within and between centres by the use of systematic sampling
- provide feedback to centres and to City & Guilds.

Learner 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

This qualification is approved for learners aged 16 or above.

Access arrangements and reasonable adjustments

City & Guilds has considered the design of this qualification and its assessments in order to best support accessibility and inclusion for all learners. We understand however that individuals have diverse learning needs and may require reasonable adjustments to fully participate. Reasonable adjustments, such as additional time or alternative formats, may be provided to accommodate learners with disabilities and support fair access to assessment.

Access arrangements are adjustments that allow candidates with disabilities, special educational needs, and temporary injuries to access the assessment and demonstrate their skills and knowledge without changing the demands of the assessment. These arrangements must be made before assessment takes place.

Equities legislation requires City & Guilds to make reasonable adjustments where a disabled person would be at a substantial disadvantage in undertaking an assessment.

It is the responsibility of the centre to ensure at the start of a programme of learning that candidates will be able to access the requirements of the qualification.

Please refer to the JCQ access arrangements and reasonable adjustments and access arrangements in the **Centre Document Library** on the City & Guilds website www.cityandguilds.com for when and how applications need to be made to City & Guilds.

3 Delivering the qualification

Initial assessment and induction

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

- if the learner 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 learner fully understands the requirements of the qualification, their responsibilities as a learner and the responsibilities of the centre. This information can be recorded on a learning contract.

Inclusion and diversity

City & Guilds is committed to improving inclusion and diversity within the way we work and how we deliver our purpose which is to help people and organisations develop the skills they need for growth.

More information and guidance to support centres in supporting inclusion and diversity through the delivery of City & Guilds qualifications can be found here:

[Inclusion and diversity | City & Guilds \(cityandguilds.com\)](https://www.cityandguilds.com)

Sustainability

City & Guilds are committed to net zero. Our ambition is to reduce our carbon emissions by at least 50% before 2030 and develop environmentally responsible operations to achieve net zero by 2040 or sooner if we can. City & Guilds is committed to supporting qualifications that support our customers to consider sustainability and their environmental footprint.

More information and guidance to support centres in developing sustainable practices through the delivery of City & Guilds qualifications can be found here:

[Our Pathway to Net Zero | City & Guilds \(cityandguilds.com\)](https://www.cityandguilds.com)

Centres should consider their own carbon footprint when delivering this qualification and consider reasonable and practical ways of delivering this qualification with sustainability in mind. This could include:

- reviewing purchasing and procurement processes (such as buying in bulk to reduce the amount of travel time and energy, considering and investing in the use of components that can be reused, instead of the use of disposable or single use consumables)

- reusing components wherever possible
- waste procedures (ensuring that waste is minimised, recycling of components is in place wherever possible)
- minimising water use and considering options for reuse/salvage as part of plumbing activities wherever possible.

Support materials

The following resources are available for this qualification:

Description	How to access
Assessment Guidance, Answer Pack	www.cityandguilds.com

4 Assessment

Assessment of the qualification

Candidates must:

- successfully complete x1 assignment for each mandatory unit

Assessment types			
Unit	Title	Assessment method	Where to obtain assessment materials
202	Principles of Nutrition	Assignment	www.cityandguilds.com

Assessment strategy

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

- live assignments that can be downloaded from the City & Guilds website.

The assessment is set by City & Guilds and is administered by the centre when the candidate is ready. The assessment is marked by the centre using the marking guide provided in the Answer Pack which is available to download from www.cityandguilds.com. The Answer Pack must be held securely by centres and not made available to candidates.

The assessment is subject to internal and external verification.

Time constraints

The following must be applied to the assessment of this qualification:

Assignments should take no longer than 60 minutes for the short answer questions.

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.

Conditions of Use (Assessment Materials)

City & Guilds Assessment Materials are protected by copyright and are supplied only to Approved Centres for use solely for the purpose of summative assessment.

The following conditions, which apply to City & Guilds Assessment Materials, are additional to:

- the Standard Copying Conditions which can be found at Copyright | City & Guilds (cityandguilds.com); and
- (where the City & Guilds Assessment Materials are dated examinations), the JCQ Instructions for Conducting Examinations

The Approved Centre must:

- only use the City & Guilds Assessment Materials in formal, summative assessment leading to the award of credit/a qualification and not for any other purpose (including, but not restricted to, teaching, revision, as practice assessments or for commercial purposes);
- handle and store securely the City & Guilds Assessment Materials in accordance with the following conditions
 - City & Guilds Assessment Material must be accessible to candidates only during formal assessment as governed by the assessment conditions specified for the qualification;
 - Candidate portfolios may contain assessment results referenced to the assessment taken but should not contain the City & Guilds Assessment Materials (such as assessment tasks or questions or candidates' marked scripts if the tests may be reused (unless otherwise stated));
 - the Approved Centre must not make public in any format the contents of any City & Guilds Assessment Materials either in part or in full;
 - City & Guilds Assessment Materials must be securely handled and under no circumstances shared with third party organisations or individuals
- seek permission from City & Guilds via their EQA if they want to convert City & Guilds Assessment Material for storage, retrieval and delivery in electronic form (ie using some form of e-assessment or e-learning system)
- provide access, on request, to City & Guilds to the system(s) on which the Assessment Materials appear.

Invigilation requirements

The tests are formal summative assessments and should be treated as such. They are formal examinations that are closed book and must be invigilated. Tests should be scheduled at an appropriate time, and only when candidates are ready to demonstrate the knowledge in the units. Candidates should on no account be allowed to take question papers away with them, and copies of question papers and answers should be kept securely by the centre at all times.

Marking, submission of results and certification

Tutors/assessors should mark the question paper using the model answers and pass marks provided in a separate document called Answer Pack. The test is graded pass, merit or distinction.

When a candidate has been successful, the result should be submitted to City & Guilds via the Walled Garden.

5 Units

Structure of the units

These units each have the following:

- City & Guilds reference number
- title
- level
- guided learning hours (GLH)
- unit aim
- assessment type
- learning outcomes, which are comprised of a number of assessment criteria
- range statements

Guidance for delivery of the unit

This qualification comprises of **one unit**. A unit describes what is expected of a competent person in particular aspects of their job.

The **unit** is divided into **learning outcomes** which describe in further detail the skills and knowledge that a candidate should possess.

Each **learning outcome** has a set of **assessment criteria** (performance and knowledge and understanding) which specify the desired criteria that must be satisfied before an individual can be said to have performed to the agreed standard.

Range statements define the breadth or scope of a learning outcome and its assessment criteria by setting out the various circumstances in which they are to be applied.

Supporting information provides guidance of the evidence requirement for the unit and specific guidance on delivery and range statements. Centres are advised to review this information carefully before delivering the unit.

Unit 202

Principles of Nutrition

Level:	2
GLH:	5
Assessment type:	Assignment
Aim:	This unit has been devised to assess the candidates' understanding of the fundamentals of nutrition.

Learning outcome

The learner will:

LO1 Understand the key groups used to categorise nutrients found in food

Assessment criteria

The learner can:

AC1.1 Describe the differences between the different nutrients found in food

AC1.2 State the sources of the key nutrients found in food

AC1.3 State what is meant by the term 'micronutrients'

AC1.4 List the common sources of vitamins and minerals found in food

AC1.5 Explain the importance of fluid in the diet

AC1.6 Explain how the nutritional requirements of population groups can differ

AC1.7 State how the concept of calories are used as a measurement

AC1.8 Explain what is meant by the term 'micronutrients'

Range

Nutrients include

Protein

Carbohydrate

Fats

Fibre

Fluid

Micronutrients including

Vitamins

Minerals

Population groups

Elderly

Children

Pregnant women

Learning outcome

The learner will:

LO2 Understand the impact that nutrition has upon maintaining health

Assessment criteria

The learner can:

AC2.1 Describe what is meant by the terms 'balanced diet' and 'the Eatwell Guide'

AC2.2 State the impact that a poor diet can have upon an individual's physical development and the maintenance of health

AC2.3 State the impact that allergenic reactions and food intolerances caused by food can have upon individuals

AC2.4 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:

LO3 Know how to identify the nutritional value of food stuff

Assessment criteria

The learner can:

AC3.1 Explain how nutrient values can be identified on food labels

AC3.2 Explain the reasons for providing nutrient information on packaging

AC3.3 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

Appendix 1 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 Centre Document Library on www.cityandguilds.com

Centre Handbook: Quality Assurance Standards

This document is for all approved centres and provides guidance to support their delivery of our qualifications. It includes information on:

- centre quality assurance criteria and monitoring activities
- administration and assessment systems
- centre-facing support teams at City & Guilds/ILM
- centre quality assurance roles and responsibilities.

The Centre Handbook should be used to ensure compliance with the terms and conditions of the centre contract.

Centre Handbook: Quality Assurance Standards

This document sets out the minimum common quality assurance requirements for our regulated and non-regulated qualifications that feature centre-assessed components. Specific guidance will also be included in relevant Qualification Handbooks and/or assessment documentation.

It incorporates our expectations for centre internal quality assurance and the external quality assurance methods we use to ensure that assessment standards are met and upheld. It also details the range of sanctions that may be put in place when centres do not comply with our requirements or actions that will be taken to align centre marking/assessment to required standards. Additionally, it provides detailed guidance on the secure and valid administration of centre assessments.

Access arrangements: When and how applications need to be made to City & Guilds

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 Document Library** also contains useful information on such things as:

- conducting examinations
- registering learners
- appeals and malpractice.

Useful contacts

Please visit the **Contact us** section of the City & Guilds website.

City & Guilds

City & Guilds is the global skills partner, empowering people, organisations and economies to develop the skills they need for growth. With almost 150 years of trusted expertise, we support people into work, help them develop on the job and move into the next job.

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This Qualification Handbook however may contain references to historic information, such as former organisations, obsolete frameworks, codes or standards, or retired units and qualifications. This information is included for reference purposes only.

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