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## Qualification Specification

**603/3511/7**

### iCQ Level 2 Certificate in Understanding Nutrition and Health

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#### Qualification Details

Awarding Organisation : [iCan Qualifications Limited](#)

Fees Price List Url : <https://icanqualify.net>

Qualification Type : RQF

Qualification Level : 2

EQF Level : 3

Regulation Start Date : 6 August 2018

Operational Start Date : 6 August 2018

Offered In England : Yes

Assessment Language In English : Yes

SSA : 01. Health, Public Services and Care 01.03 Health and Social Care

Purpose : B. Prepare for further learning or training and/or develop knowledge and/or skills in a subject area

Sub Purpose :

B2. Develop knowledge and/or skills in a subject area

Total Credits : 16

Min Credits at/above Level : 16

Total Qualification Time : 160

Guided Learning Hours : 132

Overall Grading Type : Pass

Assessment Methods : Portfolio of Evidence

Structure Requirements : To achieve this qualification learners must achieve all units.

Age Ranges : Pre-16: Yes; 16-18: Yes; 19+: Yes

Qualification Objective : This qualification is for those who are relatively inexperienced in the subject and will develop their awareness of nutrition and health.

Progression : Learners may progress to an iCQ Level 2 qualification in Health, Care or Hospitality

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#### Rules of Combination (ROC)

Group Name	Mandatory	#Units	Minimum Units	Maximum Units	Minimum Credits	Maximum Credits
<b>A) Mandatory Units</b>	<b>Yes</b>	6	6	6	16	16

#### Group A Mandatory Units

URN	Title	Level	GLH	Credit
<a href="#">K/617/1757</a>	Understanding eating disorders	2	10	1
<a href="#">K/617/1760</a>	Principles of healthy eating	2	38	5
<a href="#">M/617/1758</a>	The principles of weight management	2	14	2
<a href="#">M/617/1761</a>	Use food and nutrition information to plan a healthy diet	2	25	3
<a href="#">T/617/1759</a>	The principles of food safety in the home environment	2	10	1
<a href="#">T/617/1762</a>	Consider nutritional needs of a variety of individuals	2	35	4

<b>Unit: K/617/1757 : Understanding eating disorders</b>	
<b>Understand the term 'eating disorder'</b>	
<b>Knowledge</b>	
1	Define the term 'eating disorder'
2	Describe a range of eating disorders
<b>Understand the causes of 'eating disorders'</b>	
1	Describe the causes of eating disorders
<b>Understand how an eating disorder may affect the individual and others</b>	
1	Describe the signs and symptoms of eating disorders
2	Describe the feelings an individual with an eating disorder may experience
3	Describe the ways that an eating disorder can affect the individual
4	Describe the ways that an eating disorder can affect an individual's life
5	Explain how an individual's eating disorder may affect others
<b>Understand how a specific eating disorder may be managed</b>	
1	Describe how eating disorders can be treated
2	Explain how others can influence an individual to recover from a specific eating disorder
3	Describe resources and treatments that are available to an individual experiencing an eating disorder

**Unit: K/617/1760 : Principles of healthy eating****Understand the link between diet and health****Knowledge**

01	Explain what a healthy diet is
02	Describe a healthy diet for a child
03	Describe a healthy diet for an adult
04	State the diseases that are connected to unhealthy diets
05	Identify the sources of energy from food
06	Identify the amounts of calories supplied by different food sources
07	Calculate own Basal Metabolic Rate (BMR)
08	Estimate own Physical Activity Level (PAL)
09	Use findings from BMR and PAL calculations to determine own energy needs
10	State factors affecting a person's energy requirements
11	Describe the relationship between calorie intake, calorie expenditure and weight
12	Explain why it is important to control salt intake

**Understand what makes up a healthy diet**

1	State the main food groups
2	List and range of foods belonging to each of the food groups
3	State examples of current healthy eating advice
4	Explain the importance of eating a variety of foods

**Know the nutrients in food and how they can maintain health**

1	Define the term 'nutrient'
2	State the nutrients needed by the body
3	Identify foods that are a good source of each nutrient
4	Explain the role of nutrients in maintaining health
5	Describe the factors that influence how much of each nutrient a person needs
6	Explain the importance of drinking an appropriate amount of fluids

**Understand the principles of healthy food preparation**

1	Explain what needs to be considered when planning healthy meals
2	Explain how the cooking method can affect the nutritional value of foods
3	Describe healthy food preparation methods

<b>Unit: M/617/1758 : The principles of weight management</b>	
<b>Understand the risks associated with ineffective weight management</b>	
<b>Knowledge</b>	
1	Define the terms: - obese - emaciated - malnourished
2	Explain the health risks associated with obesity
3	Explain the health risks associated with emaciation
4	Describe the signs and symptoms of malnourishment
<b>Understand food additives</b>	
1	Explain the term 'body image'
2	State how media portrayals of body image may impact on an individual's weight management
<b>Understand effective methods of weight management</b>	
1	Describe the role of a balanced diet in weight management
2	Define the term 'energy balance'
3	Explain the implications of energy balance in weight management
4	Outline lifestyle choices that impact on weight management
5	List common weight-loss myths
6	Describe an effective weight management programme
<b>Be able to plan a short-term weight management programme for an individual</b>	
1	Identify appropriate goals for the weight management programme
2	Gather information to plan a weight management programme
3	Plan a short-term weight management programme

**Unit: M/617/1761 : Use food and nutrition information to plan a healthy diet****Understand food labelling****Knowledge**

1 State the nutritional information that must be provided on food labels

State the recommended daily intake, for an adult of

- fat
- 2 - sugar
- salt

List a range of foods that have a high content of

- 3 - salt
- sugar
- fat

1.4 List a range of foods that have a low content of

- 4 - salt
- sugar
- fat

5 Use nutritional information from food labels to calculate the energy provided by fat, protein and carbohydrate in each food

6 Explain ways that food label claims and descriptions may be misleading

**Understand food additives**

1 Define the term 'food additives'

2 State the main groups of additives

3 Explain the function of each additive

4 Explain why additives are used in food

5 Explain the legislation surrounding the use of food additives

6 Outline nutritional recommendations for adults

**Apply principles of healthy eating**

1 Record own food and drink consumption for one week

2 Compare own food and drink consumption against current healthy eating advice

3 Outline the steps that could be taken to make the diet healthier

**Unit: T/617/1759 : The principles of food safety in the home environment****Know the importance of handling food safely****Knowledge**

1 Explain why it is important to handle food safely

2 Identify hazards relating to food safety

Identify ways in which food should be handled safely to avoid contamination during:

- storage
- preparation
- 3 - cooking
- serving
- re-heating

**Know the importance of personal hygiene when handling food**

1 Explain how to maintain personal hygiene when handling food

2 Explain how to prevent cross-contamination

3 Identify how and when to wash hands

4 Describe the risks resulting from not maintaining personal hygiene when handling food

**Know how to store food safely**

Explain how to store the following types of food:

- fresh
- convenience
- 1 - high risk
- low risk
- frozen

2 Explain why it is important to follow food storage instructions

**Know how food storage can affect the nutritional value of food**

1 Outline how storage methods can affect the nutritional value of food

Explain the optimum storage method to maintain the nutritional value of:

- fresh food
- 2 - convenience food
- frozen food

**Know how to keep the food area clean**

1 Explain why it is important to keep the food area clean, hygienic and disinfected

2 Describe how to keep the food area clean and hygienic

**Understand the importance of temperature when cooking food**

1 Explain why it is important to ensure that food is cooked to the correct core temperature

2 Describe ways to check that food is cooked to the correct temperature

**Know how to dispose of food waste safely**

1 Explain why it is important to dispose of food waste safely

2 Describe how to dispose of food waste safely

**Unit: T/617/1762 : Consider nutritional needs of a variety of individuals****Know the nutritional needs of young people****Knowledge**

- 1 Plan balanced meals and snacks for a day for a chosen age group
- 2 Explain why the meals and snacks chosen are appropriate
- 3 Explain the factors that influence eating patterns of various different age groups
- 4 State the energy requirements of various different age groups
- 5 Explain how a lack of Iron in the diet can affect an individual
- 6 State the importance of calcium and vitamin D in the diet
- 7 Identify good sources of key nutrients for young people
- 8 Outline nutritional recommendations for young people

**Know the nutritional needs of adults**

- 1 Plan balanced meals and snacks for a day for an adult
- 2 Explain how the meals and snacks chosen are appropriate
- 3 Describe factors influencing energy requirements of adults
- 4 Explain why adults may be at risk of malnutrition
- 5 Outline nutritional recommendations for adults