



Step Up Training and Care

From Training to Caring, we deliver excellence

Qualification Name	Level 2 Certificate in Understanding Nutrition and Health
Qualification achieved	ICQ Level 2 Certificate in Understanding Nutrition and Health 603/3511/7

Step Up Training and Care have been reviewed by the QACLS (Quality Assured Care Learning Service) for delivery of this qualification. This service from the Department of Health and Social Care will review the quality of individual courses and qualifications delivered by training providers to ensure that training and development is of good quality, easily accessible, meets the needs of the workforce and users of care services. We have met all these standards and therefore proud to be approved to display the QACLS logo against this qualification.



Government Recommended
© Crown Copyright

Qualification Structure
<p>You will be assigned a personal assessor who will help guide you through the learning criteria for this qualification, delivered as a distance learning qualification.</p> <p>Learners will be required to undertake personal research and complete assignments in line with the qualification criteria. Work is submitted through building a portfolio of evidence which is submitted as an e-portfolio</p> <p>There are no exams required to pass this qualification. We do not require an observation of the learner in practice.</p>
Qualification Duration
<p>The duration of the qualification depends on whether the learner has had prior learning or prior achievements, as this may reduce the time needed to prepare for the assessment. However, the total time for this qualification is 160 hours. 132 of these hours, are recommended as guided learning hours.</p>
Costs
<p>This course is £315</p>

<p>If you are an employer and seeking your employee(s) to undertake this qualification, please note this qualification attracts funding from government pathways. The funding is delivered through the Learning and Development Support Scheme (LDSS) offered by the Department of Health and Social Care (DHSC). Employers make this claim on behalf of the employee; the LDSS scheme cannot and will not accept any claims from an individual. Step Up Training and Care cannot make the claim on behalf of any individual or employer, details of the scheme can be found here Learning and Development Support Scheme for the adult social care workforce: a guide for employers - GOV.UK</p> <p>The rules for this scheme state employers pay an initial 60% of the qualification cost to Step up Training and Care, they then claim that outlay back from the LDSS scheme. Then upon completion and certification of studies the remaining 40% is paid to Step Up Training and Care and then claimed back from the LDSS scheme.</p> <p>Individuals looking to undertake this qualification and paying for this personally will be offered options on how to pay for this course, including payments in full on registration or payment via a mutually agreed instalment plan. Individuals paying personally will not qualify for any funding reimbursements.</p>	
Who can enrol for this course?	
Must be aged 16+.	
Entry requirements	
Whilst there are no formal entry requirements, It is advised that learners have a minimum of level 1 in English and Maths or equivalent.	
Who is this qualification suitable for?	
<p>This qualification is suited and will benefit anyone who prepares and serves food, as it provides learners with a basic understanding of nutrition and the requirements of special diets to enable the planning and provision of well-balanced meals that will have a positive impact on health.</p> <p>This qualification is for those who are relatively inexperienced in the subject and will develop their awareness of nutrition and health</p> <p>Suited to workers across many various industries including health care settings and hospitality industries</p> <p>On completion of this qualification, a learner should be able to:</p> <ul style="list-style-type: none"> • Understanding eating disorders • Principles of healthy eating • The principles of weight management • Use food and nutrition information to plan a healthy diet • The principles of food safety in the home environment • Consider nutritional needs of a variety of individuals 	
Certification	
Upon successful completion of this qualification, you will be issued with a hard copy of your certificate.	
Enrolment	
Full details of how to enrol on this qualification can be found on our website, under the section Enrolment.	

Module Content

To achieve this qualification learners must achieve all the mandatory units

There are 6 Mandatory units

- K/617/1757 Understanding eating disorders
- K/617/1760 Principles of healthy eating
- M/617/1758 The principles of weight management
- M/617/1761 Use food and nutrition information to plan a healthy diet
- T/617/1759 The principles of food safety in the home environment
- T/617/1762 Consider nutritional needs of a variety of individuals