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CHARTERED INSTITUTE OF ENVIRONMENTAL HEALTH (CIEH) LEVEL 2 AWARD IN HEALTHIER FOODS AND SPECIAL DIETS

WHO IS IT FOR?

The Level 2 Award in Healthier Foods and Special Diets has been developed to meet the needs of delegates from a diverse range of backgrounds. These may be involved in the selection of menus, recipes and ingredients, for example, school caterers, those working in the care sector, restaurants, hotels, etc. and works canteen staff, or they may be from other catering-related companies such as food manufacturers.

OBJECTIVES

The training will provide delegates with all the information and advice they need to prepare nutritious food, develop healthier recipes and respond to customer concerns and questions.

CONTENT

Topics covered will include:

- Introduction to nutrition and terminology
- The balance of good health
- Diet and health
- Nutritional requirements of different groups
- Catering for different groups
- Food processing
- Food labelling

METHOD

The course follows a defined syllabus and is of 7 hours' duration. To gain the qualification, participants are required to successfully complete a thirty-question multiple choice paper.

DURATION

One day.

For further information or to book a place, please contact us on 01443 749000

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