



TRAINING THE NATURAL WAY

RSPH Level 3 Award in Nutrition for Healthier Food and Special Diets

(Replaces RSPH Intermediate Certificate in Nutrition)

This qualification is suitable for people working in catering and others who are in a position to promote healthy nutrition. It is relevant to employees of health-related companies, and for people working in the health, caring or teaching professions that might have a role in the promotion of healthy eating or the preparation of meals, menus and diets. The learning outcomes cover the importance of balanced diets. The nutrient composition of food, nutritional needs of individuals and the preparation, presentation and promotion of healthy meals and diets.

The course covers:

- Importance of nutrients
- Nutrient composition of foods
- Importance of diet
- Principles of nutrition



Duration: 25 hours

Schedule: 9.30am - 5.00pm (1 hour lunch break plus 2 x 15 minute breaks)

Location: Ipswich

Cost: £371.61 plus VAT @ 20% (£74.32) = £445.93. **Exam Fee** £45.00 including VAT.

TOTAL: £490.93 inc VAT @ 20% (includes all course notes, tea, coffee and biscuits)

Certified by the Royal Society for the Promotion of Health when successful.

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