

Level 2 Award in Good Nutrition (Level 5 in Scotland)

Session 1	Introduction and learning outcomes
Session 2	Introduction to good nutrition
Session 3	Government nutritional guidelines
Session 4	Sources of essential nutrients
Session 5	Impact of diet on health
Session 6	Catering practices
Session 7	Features of special diets
Session 8	Impact of special diets on health
Session 9	Planning meals for those on special diets
Session 10	Assessment and course closure

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Session Plan

Session 1 **Introduction and learning outcomes**

Session content: Tutor introduction (brief history)
Course outline
Learner introductions
Administration
Good nutrition manual
Learning outcomes

Session duration: *10 minutes*

Session 2 **Introduction to good nutrition**

Session content: What is Good Nutrition?
What can be the effects of poor nutrition?
The Balance of Good Health
Energy Requirements

Session duration: *30 minutes*

Session 3 **Government nutritional guidelines**

Session content: The Eatwell Plate
'8 Tips for Healthy Eating'
Portion sizes
Hydration

Session duration: *30 minutes*

Session 4

Sources of essential nutrients

Session content: The five food groups
Simple and complex carbohydrates
Protein - sources
Fruit and vegetables
Milk and dairy
Foods and drinks high in sugar/fat

Session duration: 45 minutes

Session 5

Impact of diet on health

Session content: Energy release from carbohydrates
Fibre
Sugar
'Eat a Rainbow' fruit and veg vitamins
Milk and dairy vitamins, minerals, calcium
Non-dairy protein
Fats – saturated and un-saturated
Salt
Breakfast

Session duration: 45 minutes

Session 6

Catering practices

Session content Effect of preservation, storage, processing
Methods of optimizing nutritional content
Food labelling.
'Best Before' and 'Use By' dates

Session duration: 20 minutes

Session 7

Features of special diets

Session content: Coeliac Disease
Diabetes
Vegetarian/Vegan
Pregnancy
Older people

Session duration: 20 minutes

Session 8

Impact of special diets on health

Session content: Coeliac Disease
Diabetes
Vegetarian
Pregnancy
Older people

Session duration: 20 minutes

Session 9

Planning meals for those on special diets

Session content: Fat reduction
Diabetics
Salt reduction (high blood pressure)
Portion control
Food allergies (anaphylaxis)

Session duration: 20 minutes

Session 10

Assessment and course closure

Session content: Assessment
Course administration
Tutor registration
Course evaluation

Session duration: 30 minutes