

**Level 2 Award in Good Nutrition (QCF)**  
(SCQF Level 5 in Scotland)

Qualification code: **601/2289/4**  
 Unit 1 title: **Healthier Food and Special Diets**  
 Unit number: **K/500/8936**

**R384 04** in Scotland

**UF92 04** in Scotland

<b>Learning Outcomes</b>	<b>Assessment Criteria</b>
<p>1. Understand the principle of balanced diets</p>	<p>1.1 Outline current government nutritional guidelines for a healthy diet            1.2 State the sources of essential nutrients            1.3 Describe the impact of diet on health            1.4 Describe catering practices that help maintain the nutritional value of food</p>
<p>2. Understand how to plan and provide special diets</p>	<p>2.1 Outline the main features of special diets            2.2 Describe the impact of special diets on health            2.3 Describe catering practices to be considered when planning and providing meals for those on special diets</p>