



Eat the Elephant 'Helping people achieve the objective'

Essential People Development skills

CIEH Level 2 Award in Healthier Food & Special Diets

Who is it for?

Anyone working with preparing and serving food to increase nutrition awareness and the ability to share information.

What is it about and what will it do ?

The CIEH has launched the CIEH Level 2 Award in Healthier Food and Special Diets, an accredited nutrition qualification in light of increased public interest in this area. Consumers have become increasingly aware of the effects of a poor diet and businesses are keen to understand the links between diet and health to meet changing customer demands.

Typical Objectives

- To develop the the knowledge of current food policy and food nutrition for people working in roles requiring this technical knowledge.

Indicative Outline Content

- **The relationship between nutrition, diet and health**
- **The nutritional requirements of different population groups**
- **Current policy, legislation and voluntary guidelines**
- **The effects of food processing on nutrient content**
- **Nutrition labelling**

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