

***The Royal Environmental Health
Institute of Scotland***



Elementary Nutrition Course

Syllabus

Minimum teaching time – 6 hours

*The Royal Environmental Health Institute of Scotland is a registered Scottish Charity,
No SC009406*

1. AN INTRODUCTION TO NUTRITION

Candidates should know and understand.

- (i) The importance of good nutrition for health
- (ii) The importance of nutrition in the food industry
- (iii) The benefits of and their role in providing/promoting healthier choices

2. THE FUNCTION OF FOOD

Candidates should know and understand.

- (i) The role of Carbohydrate, Protein, Fat
- (ii) The role of vitamins and minerals
- (iii) The importance of an adequate fluid intake
- (iv) Common dietary sources of each of the main nutrients
- (v) Energy balance and energy requirements

3. EATING FOR HEALTH AND WELLBEING

Candidates should know and understand.

- (i) The effect of a poor diet on health
- (ii) The principles of a healthy diet
- (iii) Key healthy eating messages
- (iv) Scottish Dietary Guidelines
- (v) The role of the Eatwell Guide model to support a healthy, balanced diet and how it can be used as a guide to healthier practices

4. HEALTHIER PRACTICES

Candidates should know and understand.

- (i) Healthier food preparation and cooking methods
 - a. Using healthier/alternative ingredients
 - b. Reducing portion size
 - c. Reducing calories
- (ii) Ways to preserve and maximise the nutrient content of foods
- (iii) Ways to increase fruit and vegetables, fibre and oily fish content
- (iv) Ways to reduce fat, salt and sugar content
- (v) Ways to promote, market and display healthier choices
- (vi) Product reformulation throughout the food chain

5. MENU PLANNING AND RECIPE DEVELOPMENT

Candidates should know and understand.

- (i) The influences on food choice and how they affect food intake
- (ii) Nutritional requirements throughout the lifecycle
- (iii) How to provide for different dietary requirements
- (iv) Consider ways that menus/recipes can be modified
- (v) Use the Eatwell Guide to review a menu and/or recipe
- (vi) Be aware of the relevant policies, regulations and requirements
- (vii) Use their knowledge to plan and/or modify a menu and/or recipe

6. ALLERGIES AND INTOLERANCES

Candidates should know and understand.

- (i) The role of food in allergies and intolerances and the importance of providing accurate allergen information
- (ii) The difference between a food allergy and intolerance
- (iii) The main food allergies and intolerances and their symptoms
- (iv) The 14 major allergens
- (v) How to comply with food allergen labelling legislation
- (vi) Contamination risk and how to prevent it
- (vii) How to provide and/or relay information effectively

7. FOOD/NUTRITIONAL LABELLING AND ANALYSIS

Candidates should know and understand.

- (i) The relevant food legislation and regulations
- (ii) What information is required by law on food packaging
- (iii) What nutrition information should be provided
 - a) mandatory back-of-pack nutrition declarations
 - b) front-of-pack nutrition information
- (iv) Allergen labelling
- (v) Ways to calculate and provide nutrition information
 - a) Nutrient and calorie analysis
 - b) Software available (e.g. MenuCal)
 - c) Documentation

8. PUTTING KNOWLEDGE INTO PRACTICE

- (i) Apply their knowledge to a variety of case study/practical examples