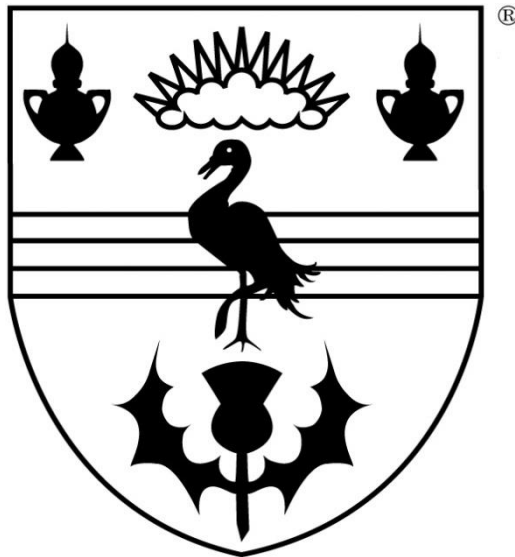


The Royal Environmental Health Institute of Scotland



Elementary Food and Health Course

Syllabus

Minimum teaching time – 6 hours

*This qualification is levelled on the Scottish Credit Qualifications Framework (SCQF)
at level 5, 1 credit*

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

All objectives to be prefixed by the words: The expected outcome is that the course participant will be able to:

Introduction

Objectives

- Relate to the needs and expectations of other course participants
- Identify their current understanding of the relationship between food and health

1. An Introduction to Food and Health

Objectives

- 1.1 Describe the value of having a balanced diet
- 1.2 Appraise food and health in Scotland
- 1.3 Explore their views on the consequences of eating habits on health
- 1.4 Describe the impact of diet on health
- 1.5 Record the influences on food choices in the completed food diary forms
- 1.6 Consider and list the barriers to eating a healthy diet

2. Food and Nutrients

Objectives

- 2.1 Discuss the role of the Eatwell Guide
- 2.2 Identify each of the 5 food groups on the Eatwell Guide
- 2.3 Identify foods from each food group and the main nutrients they contain
- 2.4 Explain briefly the role of key nutrients from each food group
- 2.5 Outline the key recommendations for each food group
- 2.6 Discuss the importance of an adequate fluid intake
- 2.7 Be aware of fluid requirements and identify the best sources

3. Energy and Energy Balance

Objectives

- 3.1 Describe the role of energy and how it is measured
- 3.2 Interpret the energy content of food and drinks
- 3.3 Contrast that different people have different energy needs
- 3.4 Explain energy balance and its influence on body weight
- 3.5 Discuss the effect of physical activity on energy balance and body weight

4. Influences on Food Intake

Objectives

- 4.1 Recognise that certain groups have specific nutritional needs
- 4.2 Consider dietary requirements and the factors that influence them
- 4.3 Examine the role of food in long term conditions, e.g. diabetes
- 4.4 Compare the role of food in coeliac disease, food allergies and intolerances
- 4.5 Name the influences of life circumstances on dietary habit e.g. social, cultural and religious
- 4.6 Debate how food intake can affect food and psychological well-being, social relationships and self esteem

5. Eating for Health - Food and Well Being

Objectives

- 5.1 Recall current dietary guidelines in Scotland and consider how they are important for health and wellbeing
- 5.2 Value the role of a balanced diet in the prevention of diet related diseases
- 5.3 Practice using the 'Eatwell Guide' model as a tool to guide and evaluate food choices
- 5.4 Demonstrate the use of the 'Eatwell Guide' model to review the completed food diary forms
- 5.5 Identify different ways of choosing, preparing and cooking foods for a healthy diet

5.6 Consider and discuss ways to make more sustainable choices and reduce food waste

5.7 Identify and assess the nutritional information on a food label

6. Action Planning, Revision and Exam

6.1 Further information

6.2 Action planning

6.3 Revision as required – course summary

6.4 Evaluation

6.5 Exam

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