



training solutions

Healthy Food & Special Diets

Highfield Level 2 Award in Healthy Food and Special Diets (RQF)

Qualification Number: 603/1401/1

This qualification is ideal for anyone who prepares and serves food, as it provides learners with a basic understanding of nutrition and the requirements of special diets to enable the planning and provision of well-balanced meals that will have a positive impact on health.

How long will it take me to achieve this qualification?

This qualification is usually obtained by taking a 1 day classroom-based course. However, it can also be achieved through a variety of other methods including blended and distance learning.

How is the qualification assessed?

It is assessed by a multiple-choice examination, where the candidate must answer at least 14 out of 20 questions correctly. The examination will take a maximum of 30 minutes to complete and can be taken in paper-based format or via Highfield e-assessment.

What next?

Learners successfully completing this qualification may wish to progress on to further qualifications, such as:

- Highfield Level 2 Award in Food Safety in Catering
- Highfield Level 3 Award in Food Allergen Management for Caterers
- Highfield Level 3 Award in Principles of Developing a Positive Food Safety Culture

Where can this course be taken?

This qualification can be taken through any Highfield approved training centre.