### Competence 1. Fundamentals of Human Nutrition

**You will need to know and understand:**

**Level 3**

1. Quantities and sources of essential food components required for a healthy and balanced diet including an awareness of what contributes to an unhealthy diet
2. Different ways of preparing and cooking food to a safe and hygienic standard
3. How dietary needs differ by gender and age groups and according to physical activity levels of individuals
4. Different cultural and religious food practices within your local community
5. How financial, social and lifestyle pressures can affect food choice and dietary habits
6. How to read and interpret food labels and explain the importance of food labelling to others when making food choices
7. UK guidelines related to nutrition, food groups, portion sizing and eating a balanced and healthy diet
8. Location and availability of local markets/stores, to enable individuals to access and choose healthy food products

**Level 4**

10. Basic anatomy and physiology of the human body
11. How foods and nutrients are digested, metabolised, absorbed and stored in the body
12. The specific nutritional needs required throughout human development
13. Principles of weight management and how energy intake and expenditure affects the body
14. UK policies and regulations surrounding food labelling
15. Effective health promotion campaigns related to food and nutrition which address prominent chronic diseases

**Level 5**

16. The impact of medical conditions on intake, absorption and utilisation of nutrients, taking into account the effect of drug-nutrient interactions
17. The problems associated with over and under-nutrition and the application of body and dietary assessment tools
18. European and National legislation relating to nutrition, specifically nutrition governance and public health agendas

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