

# The Competence Framework in Nutrition for Catering

The Competence Framework in Nutrition for Catering is made up of three competences and a Code of Practice.

The three competencies are:

1. Fundamentals of Human Nutrition;
2. Improving Health and Wellbeing;
3. Food Allergies, Intolerances and Dietary Requirements.

## Level 2

This leaflet describes the knowledge and skill in nutrition necessary for those who work or volunteer in catering at Level 2 on the Qualifications and Credit Framework (QCF) who guide food choice. They might be:

*Bar Supervisor;  
Senior Waiting Staff;  
Shift Leader;  
Sous Chef;  
Chef de Partie;  
Commis Chef.*

Each competence is supported by a number of competency topics and knowledge statements. Knowledge statements in black text apply to both front and back of house roles:

orange text refers to *front of house only*;  
green text refers to *back of house only*.

## Achievement of Competencies

On achievement of all three competencies, those who work or volunteer in catering at Level 2 should:

- know and be able to describe healthy eating and drinking guidelines for the average adult including the impact of portion size and energy requirements;

- be aware that individual customers may have dietary requirements due to medical, cultural, religious and/or ethical reasons and know the relevant food preparation techniques which need to be applied;
- be aware of healthier food choices including how to identify specific ingredients on food packaging/in a recipe;
- be able to communicate nutrition information to customers and colleagues in an appropriate manner;
- know the requirements of relevant food legislation impacting on their job role;
- **be able to advise on menu planning taking account of food preparation techniques, nutrition information and the needs of an individual customer.**

Those who work or volunteer in catering at Level 2 **MUST** seek advice either from senior staff or a suitably qualified individual for any other nutrition related query/issue.

They **SHOULD NOT** give:

- individualised, bespoke or prescriptive dietary advice;
- advice in relation to allergens or medical conditions, other than to signpost where information is available.

## About the Competence Framework

The Competence Framework has been developed and tested with the catering workforce by Association for Nutrition, with the support of Public Health England. For more information and a full copy of the Competence Framework in Nutrition for Catering at Levels 1-4 please visit [www.associationfornutrition.org](http://www.associationfornutrition.org)

# LEVEL 2 : CATERING



Public Health  
England

Working in Partnership  
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# The Competence Framework in Nutrition for Catering

Competence 1	Fundamentals of Human Nutrition
1. Healthy eating guidelines	a) Know and be able to describe reliable, evidence-based, healthy eating guidelines.
2. Food groups and sources of nutrients	a) Know and be able to describe the main food groups in relation to healthy eating guidelines and the benefits of eating a variety of foods.
3. Carbohydrates, proteins and fats and the production of energy.	a) Know the amount of energy (kJ/kcal) provided by carbohydrates, proteins and fats.
4. Energy requirements and energy balance	a) Know the energy requirements (kJ/kcal) for the average male and female adult. b) Know the principles of energy balance and how this relates to weight control.
5. Eating patterns	a) Know and be able to describe regular eating patterns and their importance for a healthy and balanced diet.
6. Portion size of food and drink	a) Know the impact of altering portion size on energy and nutrient intake. b) Describe how portion size can differ for different groups of individuals.
7. Food labels	a) Know how to interpret nutrition information included on food labels in relation to food choice and healthy eating guidelines.
8. Food preparation	a) Know the impact of different food preparation and cooking techniques in relation to nutrition.
9. Hydration and fluid/ beverage intake	a) Know and be able to describe fluid intake guidelines. b) Know and be able to describe appropriate drinks and the importance of hydration for general health.
10. Alcohol	a) Know and be able to describe the alcohol content of beverages and how this relates to alcohol intake limits. b) Know alcohol contributes to energy (kJ/kcal) intake and effects of excess intake.
11. Nutrition communication and safe practice	a) Be able to clearly and accurately communicate reliable evidence-based healthy eating guidelines and nutrition information relevant to the individual or group. b) Know the limits of own knowledge and competence and when to refer on or seek further information/ support.

## LEVEL 2 : CATERING

Competence 2	Improving Health and Wellbeing
1. Under and over nutrition, diet and health risks	a) Know there are health risks associated with under and over nutrition. b) Be able to describe signs of under and over nutrition and when and how to seek further information/ support or refer on.
2. Understanding and communicating healthier food choices	a) Know and be able to describe healthier choices in the context of a healthy and balanced diet, and how food choice can be supported for individuals to meet healthy eating guidelines.
3. Health effects of specific ingredients (e.g. salt, sugar, fats, additives)	a) Know health effects associated with specific ingredients. b) Know how to alter recipes and menus to modify specific ingredients.
4. Health based food choice	a) Know food choices made for health reasons which have specific dietary requirements. b) Be able to respond appropriately to an individual with a special dietary requirement, and know when to seek further information/ support.
5. Menu planning and recipe development	a) Know healthy eating guidelines are a factor to be considered when developing recipes and menus, in order to promote healthy balanced diets.



Competence 3	Food Allergies, Intolerances and Dietary Requirements
1. Food allergy, allergy ingredients and food labels	<ul style="list-style-type: none"><li>a) Know allergens covered in, and comply with, allergy legislation.</li><li>b) Know other allergens exist, reliable sources of information regarding food allergens and when/ where to seek information/ support.</li><li>c) Understand and be able to modify recipes to remove a food allergen.</li><li>d) Know when to call for first aid or medical help.</li><li>e) Know and comply with procedures to minimise contamination risk.</li><li>f) Apply, and know the need for, clear and prompt communication of allergy related information between FOH, BOH and the individual.</li></ul>
2. Food Intolerances	<ul style="list-style-type: none"><li>a) Know the difference between food intolerances and allergies.</li><li>b) Know where to seek information/ support for those with food intolerances in making food choices.</li><li>c) Be able to modify a recipe to remove an ingredient or suggest an alternative and when to seek information/ support.</li></ul>
3. Religious, cultural and ethical food choice	<ul style="list-style-type: none"><li>a) Know specific food choices for religious, cultural and ethical reasons.</li><li>b) Know cooking and preparation methods required for religious, cultural or ethical reasons.</li></ul>

All users of the Competence Framework must act in accordance with the Code of Practice. Other groups such as employers, training providers and prospective students may also wish to use the Competence Framework and Code of Practice to assess staff competence, to inform the nature of the training curricula or set career aspirations and goals.

## Code of Practice

### 1. Understand the boundaries of your role and responsibilities

- a) Work within the limits of your knowledge, competence and skills
- b) Understand the boundary of your role and if necessary, refer on as appropriate
- c) Seek supervision when situations are beyond your competence and authority
- d) Promote and demonstrate good practice as an individual and as a team member
- e) Be accountable for your own decisions and behaviours

### 2. Maintain the levels of your competence

- a) Maintain competence within your role and field of practice, keeping knowledge and skills up-to-date to ensure safe and effective practice
- b) Understand your own development needs and make continuing improvements

### 3. Uphold basic standards of good character

- a) Respect dignity, privacy and safety of individuals
- b) Be honest, trustworthy, reliable and dependable
- c) Ensure that the service you provide is delivered equally and inclusively
- d) Respect and promote the views, wishes and wellbeing of individuals

