



Association
for **Nutrition**

Regulating Professionals – Raising Standards – Improving Health



Learning Outcomes for
**AfN Certificate in
Foundational Nutrition Essentials
for Catering**

2022

Competence Framework in Nutrition for Catering

This document details the learning outcomes training courses must ensure students achieve for the successful awarding of:

- **AfN Certificate in Foundational Nutrition Essentials for Catering**

(Detailing the name of recipient, course completed, course provider, competencies the course covered, name of AfN certificate awarded and date of award)

The three core competencies for Fitness and Leisure (alongside the Code of Practice) are:

- 1.1. Fundamentals of Human Nutrition (compulsory)
- 2.2. Improving Health and Wellbeing
- 3.3. Food allergies, intolerances and dietary requirements

All / **Front of House** / **Back of House**

Learning Outcomes

Core Competency 1: Fundamentals of Human Nutrition

(All of the learning outcomes for this competency must be achieved)

Competency Topic	Learning Outcomes to be achieved
1.1 Healthy eating guidelines	Students should be aware of sources of reliable, evidence-based healthy eating guidelines and be able to briefly describe these guidelines.
1.2 Food groups & sources of nutrients	Students should know and be able to briefly describe the main food groups in relation to healthy eating guidelines and the benefits of eating a variety of foods. Students should know and be able to describe examples of food sources of carbohydrates, proteins and fats in relation to healthy eating guidelines.
1.3 Carbohydrate, protein and fat and the production of energy	Students should know the amount of energy (kJ/ kcal) provided by carbohydrates, proteins and fats.
1.4 Energy requirements and energy balance	Students should know the energy requirements (kJ/kcal) for the average male and female adult. Students should know and understand the principles of energy balance, how this relates to weight control and the importance of maintaining a balanced diet.
1.5 Eating patterns	Students should know and be able to briefly describe regular eating patterns and their importance for a healthy and balanced diet.

Competency Topic	Learning Outcomes to be achieved
<p>1.6 Portion size: meals, snacks and drinks</p>	<p>Students should know the impact of altering portion size on energy and nutrient intake.</p> <p>Students should know and be able to briefly describe how portion size can differ for different groups of individuals.</p>
<p>1.7 Food labels</p>	<p>Students should know how to interpret nutrition information contained on food labels in relation to food choice and healthy eating guidelines.</p>
<p>1.8 Food preparation and cooking techniques</p>	<p>Students should know the impact of different food preparation and cooking techniques in relation to meeting healthy eating guidelines.</p>
<p>1.9 Hydration and fluid intake guidelines</p>	<p>Students should know and be able to briefly describe fluid intake guidelines, appropriate drinks and the importance of hydration for general health.</p>
<p>1.10 Alcohol</p>	<p>Students should know and be able to describe the alcohol content of beverages and how this relates to alcohol intake limits.</p> <p>Students should know the major health risks associated with excess intake/binge drinking.</p> <p>Students should know the alcohol contributes to energy (kJ/kcal) intake.</p>
<p>1.11 Nutrition communication and safe practice</p>	<p>Students should know and be able to clearly and accurately communicate reliable evidence-based healthy eating guidelines and nutrition information relevant to the individual or group.</p> <p>Students should know and be able to briefly describe the limits of own knowledge and competence and when to refer on or seek further information/ support.</p> <p>Students should know and be able to briefly describe the role and expertise of recognised nutrition professionals (ANutrs, RNutrs and RDs), who to refer to, when and how.</p>

Core Competency 2: Improving health and wellbeing

(Including these learning outcomes is optional)

Competency Topic	Learning Outcomes to be achieved
2.1 Under and over nutrition and the health risks	<p>Students should know and be able to briefly describe health risks associated with under and over nutrition</p> <p>Students should know and be able to briefly describe signs, of under and over nutrition and when and how to refer on for more information/support.</p>
2.2 Understanding and communicating healthier food choices	<p>Students should know and be able to describe healthier choices in the context of a healthy balanced diet, and how food choice can be supported for individuals to meet healthy eating guidelines.</p>
2.3 Health effects of specific ingredients (e.g. salt, sugar, fats, additives)	<p>Students should know there are health effects associated with specific ingredients.</p> <p>Students should know how recipes and menus can be altered to modify specific ingredients.</p>
2.4 Health based food choice	<p>Students should know food choices which may be made for health reasons which have specific dietary requirements.</p> <p>Students should be able to respond appropriately to basic questions from an individual with a special dietary requirement and know when to seek further information/ support.</p>
2.5 Menu planning and recipe development	<p>Students should know healthy eating guidelines are a factor to be considered when developing recipes and menus, in order to promote healthy balanced diets.</p>

Core Competency 3: Food allergies, intolerances and dietary requirements

(Including these learning outcomes is optional)

Competency Topic	Learning Outcomes to be achieved
3.1 Food allergy, allergy ingredients and food labels	<p>Students should know and allergens covered in and comply with allergy legislation.</p> <p>Students should know other allergens exist, reliable sources of information regarding food allergens and when/ where to seek information/ support.</p> <p>Students should understand and be able to modify recipes to remove a food allergen.</p> <p>Students should know when to call for first aid or medical help and accurately communicate relevant information.</p> <p>Students should know and comply with procedures to minimise contamination risk.</p> <p>Students should apply, and know the need for, clear and prompt communication of allergy related information between FOH, BOH and the individual.</p>
3.2 Food Intolerances	<p>Students should know the difference between food intolerances and allergies.</p> <p>Students should know where to seek information/ support for those with food intolerances in making food choices.</p> <p>Students should be able to apply knowledge to modify a recipe to remove an ingredient or suggest an alternative and know when to seek information/ support.</p>
3.3 Religious, cultural and ethical food choice	<p>Students should know specific food choices for religious, cultural and ethical reasons.</p> <p>Students should know cooking and preparation methods required for religious, cultural or ethical reasons.</p>

Code of Practice (All Compulsory)

1. Students must know and be able to demonstrate their understanding of the boundaries of their role and responsibilities, including:
 - a) Working within the limits of their knowledge, competence and skills
 - b) Understanding the boundary of their role and when/how to refer on as appropriate
 - c) The need to seek supervision when situations are beyond their competence and authority
 - d) Promoting and demonstrating good practice as an individual and as a team member
 - e) Being accountable for their own decisions and behaviours
2. Students must know and be able to demonstrate their understanding of the need to maintain their levels of competence, including:
 - a) Maintaining competence within their role and field of practice
 - b) Keeping knowledge and skills up-to-date to ensure safe and effective practice
 - c) Understanding own development needs and make continuing improvements
3. Students must know and be able to demonstrate their understanding of the need to uphold basic standards of good character, including:
 - a) Respect dignity, privacy and safety of individuals
 - b) Ensuring actions are honest, trustworthy, reliable and dependable
 - c) Ensuring services provided are delivered equally and inclusively
 - d) Respecting the views, wishes and wellbeing of individuals

Notes on boundaries and responsibilities (All Compulsory)

The competencies listed above are only for use by those working with the general (healthy) population.

A student successfully completing a certified course should be able to aid an individual in understanding how official guidelines are applied to their them and their food preferences and signpost to reputable information sources, such as NHS Choices, recognised health charities, Government advice and to suitably qualified medical and nutrition professionals. Completion of a certified course does not qualify an individual to provide prescribed, individualised or bespoke advice that goes outside of supporting achievement of official nutrition recommendations or in relation to an individual's medical condition(s).

Individuals requesting/requiring prescribed, individualised or bespoke advice in relation to nutrition, dietary advice in relation to medical conditions, dietary advice or support for the primary aim of influencing sporting/fitness performance (i.e. for elite/professional individuals or groups) should be promptly referred on to a suitably qualified medical or nutrition professional (ANutr, RNutr, RD).

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