



Association
for **Nutrition**

Regulating Professionals – Raising Standards – Improving Health



Learning Outcomes for

**AfN Certificate in
Advanced 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 Advanced 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	<p>Students should be able to identify, apply and explain the need for reliable, evidence-based, healthy eating guidelines to guide individual or group food choice/recipe and menu development.</p> <p>Students should know, understand and be able to explain how dietary needs can differ by gender, age and physical activity level.</p> <p>Students should be able to identify and adapt menus to comply with specific regulations or guidelines regarding the dietary needs of special groups/sectors.</p> <p>Students should be able to identify and describe the limitations of 'fad' diets and potential risks.</p>
1.2 Food groups & sources of nutrients	<p>Students should know, understand and be able to explain the contribution of a variety of foods from different food groups and knowledge of food sources of macronutrients and micronutrients (vitamins A, C, D, E, calcium, iron, zinc and sodium) to guide individual or group food choice/evaluate recipes and menus</p>
1.3 Carbohydrate, protein and fat and the production of energy	<p>Students should apply their understanding of the energy (kJ /kcal) provided by carbohydrates, proteins and fats to adapt menus to meet healthy eating guidelines.</p>

Competency Topic	Learning Outcomes to be achieved
1.4 Energy requirements and energy balance	<p>Students should be able to apply their understanding of energy requirements (kJ/kcal) to the design of recipes and menus to meet healthy eating guidelines and specific needs of individuals and groups.</p> <p>Students should know, understand and be able to explain the principles of energy balance and the importance of maintaining a balanced diet to produce energy (kJ/kcal) appropriate menu choices.</p>
1.5 Eating patterns	<p>Students should know, understand and be able to apply their knowledge of regular eating patterns and be able to explain how this may relate to individuals and groups eating habits and the importance of maintaining regular eating patterns for a healthy and balanced diet.</p>
1.6 Portion size: meals, snacks and drinks	<p>Students should be able to identify and apply specific strategies for providing and promoting appropriate portion sizes in relation to healthy eating guidelines.</p> <p>Students should be able to apply their knowledge to explain the impact of altering portion size on energy and nutrient intake.</p>
1.7 Food labels	<p>Students should know, understand and be able to apply their knowledge to explain how to interpret nutrition information contained on food labels to support individual and group food choice /menu and recipe development in relation to healthy eating guidelines.</p>
1.8 Food preparation and cooking techniques	<p>Students should know, understand and be able to apply their knowledge to explain to individuals and FoH team the impact of different food preparation and cooking techniques in relation to nutrition and healthy eating guidelines.</p> <p>Students should know, understand and be able to apply their knowledge to explain different food preparation and cooking techniques to create healthier food choices.</p>
1.9 Hydration and fluid intake guidelines	<p>Students should know, understand and be able to apply their knowledge to explain hydration and fluid intake guidelines for individual, group and setting needs.</p> <p>Students should be able to apply their knowledge to explain appropriate drinks for good hydration.</p> <p>Students should know and be able to apply ways to support individuals and groups in meeting their relevant fluid intake levels.</p>

Competency Topic	Learning Outcomes to be achieved
1.10 Alcohol	<p>Students should be able to apply their knowledge and understanding of the average alcohol content of common beverages to explain and provide choice in relation to alcohol intake limits.</p> <p>Students should know, understand and be able to apply their knowledge to explain the contribution of alcohol to energy intake (kJ/kcal) and the effects of excess intake.</p>
1.11 Nutrition communication and safe practice	<p>Students should be able to select and apply appropriate communication methods to explain reliable evidence-based healthy eating guidelines and nutrition information, consistent with the needs of the individual/ group and workforce.</p> <p>Students should be able to develop and apply protocols for the communication of nutrition information across the workforce.</p> <p>Students should know, understand and be able to explain the limits of own knowledge and competence and when to refer on or seek further information/ support.</p> <p>Students should know, understand and be able to explain 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 be able to apply their knowledge to provide and explain food options which alter nutrient intake for the needs of specific individuals or groups at risk of under and over nutrition</p> <p>Students should know, understand and be able to explain when and how to refer on or seek further information/ support</p>
2.2 Understanding and communicating healthier food choices	<p>Students should be able to apply their knowledge and understanding to provide healthier food options in the design of recipes and menus.</p> <p>Students should understand and be able to explain how altering menus can contribute to the meeting of healthy eating guidelines.</p>

Competency Topic	Learning Outcomes to be achieved
2.3 Health effects of specific ingredients (e.g. salt, sugar, fats, additives)	<p>Students should know, understand there are regulations/ guidelines for the intake of specific ingredients for some sectors.</p> <p>Students should be able to apply their knowledge and understanding of relevant regulations/ guidelines for the intake of specific ingredients to develop appropriate healthy dishes and menus to meet the needs of the relevant individuals and groups.</p>
2.4 Health based food choice	<p>Students should understand the impact of specific food choices made for health reasons on the overall diet and apply knowledge of relevant regulations and guidelines.</p> <p>Students should know and describe when to seek information/ support from nutrition professionals, to ensure recipes and menus are suitable for individuals with specific dietary requirements.</p>
2.5 Menu planning and recipe development	<p>Students should be able to apply and describe the selection of food and cooking/preparation techniques, and use of information from nutrition professionals where appropriate, in the development of recipes and menus to meet healthy eating guidelines.</p> <p>Students should be able to apply relevant nutrition requirements/ recommendations for specific sectors (hospitals, public sector, schools etc.) to recipes and menus for these groups.</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 comply with and apply understanding of food allergies and allergen legislation requirements.</p> <p>Students should be able to explain appropriate procedures required to comply with allergen regulations and when/ where to seek information/ support.</p> <p>Students should be able to apply knowledge and understanding of food allergens to clearly communicate information on menu/ ingredient substitutions to individuals with food allergies.</p>

Competency Topic	Learning Outcomes to be achieved
3.2 Food Intolerances	Students should know, understand and be able to apply their knowledge and understanding of food intolerances to modify and explain the food provision to relevant individuals.
3.3 Religious, cultural and ethical food choice	<p>Students should understand the potential impacts of specific food choices for religious, cultural and ethical reasons on diet composition.</p> <p>Students should know and be able to apply understanding to ensure dishes, menus and cooking/ preparation methods are suitable for the dietary needs of individuals/ groups.</p>

Code of Practice (All Compulsory)
<p>1. Students must know and be able to demonstrate their understanding of the boundaries of their role and responsibilities, including:</p> <ul style="list-style-type: none"> 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
<p>2. Students must know and be able to demonstrate their understanding of the need to maintain their levels of competence, including:</p> <ul style="list-style-type: none"> 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
<p>3. Students must know and be able to demonstrate their understanding of the need to uphold basic standards of good character, including:</p> <ul style="list-style-type: none"> 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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