



# CIEH Level 2 Award in Healthier Foods and Special Diets

**Consumers have become increasingly aware of the effects of a poor diet and the links between diet and health.**

## Overview

The CIEH has launched the CIEH Level 2 Award in Healthier Food and Special Diets, an accredited nutrition qualification in light of increased public interest in this area. Consumers have become increasingly aware of the effects of a poor diet and businesses are keen to understand the links between diet and health to meet changing customer demands

## Outline Programme

The qualification covers the following topics:

- The relationship between nutrition, diet and health
- The nutritional requirements of different population groups
- Current policy, legislation and voluntary guidelines
- The effects of food processing on nutrient content
- Nutrition labelling

## Qualification information

Designed for: All employees

Course duration: One day programme

Assessment method: Multiple choice examination

