

Level 2 Award in Healthier Foods and Special Diets

Eat Out Eat Well has been selected as the healthier food award for our food businesses across Suffolk. To gain a higher award, key members of staff will need to undertake some form of accredited training in nutrition such as the level 2 Award in Healthier Foods and Special Diets Course. Key messages can then be cascaded to members of staff.

The course will help candidates gain a good basic knowledge of nutrition principles, understand the need for a balanced diet and its positive effects on health, the needs of different groups of people in relation to their diets, food labelling legislation and the impact of food manufacturing on the nutritional content of food.

There is a multiple choice exam at the end of the course, successful candidates will receive a certificate.

Health and Wellbeing
SUFFOLK



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Online Training Courses

High Speed Training,
Riverside Business Park, Dansk Way, Ilkley, West Yorkshire,
LS29 8JZ,
Tel 0333 006 7000, www.highspeedtraining.co.uk

Virtual College,
Marsel House, Stephenson's Way, Ilkley, LS29 8DD,
Tel 01943 885095, www.virtual-college.co.uk

Tutor Lead Courses

Mid Suffolk District Council
Food Safety Team, 131 High Street, Needham Market, IP6 8DL
Tel 01449 724713, www.midsuffolk.gov.uk

M.E.A.T (Ipswich),
203 Rosehill Road, Ipswich, IP3 8HF,
Tel 01473 270757, www.meatipswich.co.uk

RedCat Partnership Training,
8 Thorpe Road, Norwich, NR1 1RY,
Tel 01603 473732, www.redcat.gb.com

