

1 Nutritional Principles

Food choice: factors influencing food choice and dietary habits (socio-economic, cultural, religious, ethical, psychological, media, sensory perception), current food trends (eg fast foods, snacking)

Food classification: main food groups (meat, fish and alternatives, milk and dairy foods, bread and cereal foods, fruit and vegetables, fatty and sugary foods), nutritional values of common foods

Nutritional requirements: dietary reference values (DRVs) for nutrients and energy, nutrient and energy needs of population subgroups (children, physically active, elderly, pregnancy and lactation)

Nutritional status: assessment of the nutritional status of populations and individuals (anthropometric assessment), body mass index (BMI), biochemical, measurement of food and nutrient intake (24 hour recall, weighed inventory, National Food Survey), use of food tables

2 Diet and health

Health: obesity and overweight (nature and extent, causes, treatment, coronary heart disease, dietary fats (saturates, monounsaturates, polyunsaturates, omega-3 fatty acids, trans- fatty acids) and effects on serum cholesterol (LDL and HDL), diet and dental health, fibre/NSP (non-starch polysaccharides) and bowel disorders, diet (eg antioxidant vitamins) and cancer, salt and hypertension

Deficiency diseases: folic acid deficiency, anaemia, other vitamin and mineral deficiencies

Healthy eating: healthy eating guidelines, 1983 NACNE report, nutrient and food recommendations of 1994 COMA report

Therapeutic diets: diabetic, weight-reducing and gluten-free diets

Alcohol: physiological/psychological effects of alcohol in the body (short- and long-term), behavioural effects, product development trends linked to customer demands, current market share for alcoholic beverages

Allergies: eg peanut, food colourings

3 Diets and menus

Meal/menu planning: construction of healthy, palatable meals and menus for a variety of situations and customers including vegetarian, vegan, diabetic, weight-reducing and gluten-free diets

Analysis of menus and diets: measurement, calculation and estimation of weights of foods in meals and diets, use of food tables and computer programmes in the analysis of the nutrient and energy contents of a variety of menus and diets, evaluation of the suitability of menus for the intended customers

Menu modification: adaptation of recipes, menus and diets to comply with healthy eating guidelines (reduced fat, sugar, salt and increased fibre)

4 Role of nutrition

Food production methods: effects of different food production methods and cooking techniques on the nutritional values of foods (eg conventional large-scale cooking methods, microwave cooking, cook-chill, sous vide)

Nutrition in different sectors of the industry: application of nutritional principles and relative importance of nutrition in a variety of catering outlets (eg schools, hospitals, residential homes, employee feeding, hotels, restaurants, fast-food outlets)

Promotion of healthy eating: importance of a good diet, presentation of nutritional information to customers and staff, nutrition education

5 Food hygiene legislation and regulations

Legislation and regulations: food safety act, food hygiene regulations, menu terminology

Implications: compliance, due diligence, hygiene audits, cleaning schedules, maintenance schedules, management and operational responsibilities, training, recording and monitoring documentation.

6 Menus, recipes and service styles

Menu development: principles of menu planning, types of menu, menu balance, creativity, consumer expectations, religious, cultural, ethnic and social influences, fads and trends, fashions, themes

Menu compilation: eg taste, colour, texture, portion size, temperature, appearance, commodity planning, seasonal factors

Recipe development: creativity, cookery styles, nutritional composition, consistency of product, methods eg fresh commodities, prepared foods, combination of fresh and prepared foods, cook-chill/freeze, batch cookery, call order; timing