



TRANSCEND
AWARDS

Transcend Level 5
Award in Nutrition and Immunity

Qualification Unit Specification
Version 01: 10 December 2022

Welcome!

Welcome to the **Transcend Level 5 Award in Nutrition and Immunity** Unit Specification. Transcend is an Ofqual recognised awarding organisation this is a qualification that sits on the Ofqual register of regulated qualifications. This specification confirms the qualification purpose statement and delivery conditions. This specification must be read and complied with conjunction with the *Transcend Centre Recognition Conditions*, the *Qualification Specification* and *Assessment Guidance*.

Contents		
Mandatory unit	Nutrition and Immunity	03
Appendix		
Appendix	Qualification unit specification version control	04

Qualification Unit Specification

Unit title:		Nutrition and Immunity		Unit Level	5
Unit aim:		The aim of this unit is to develop the learner's knowledge of nutrition and immunity.			
Learning outcomes		Assessment criteria		Delivery Content and Assessment Attainment Indicators	Assessment
LO1	Understand the components of the immune system and their function	AC1.1	Critically evaluate the role of the cells, tissues and organs that comprise the immune system.	Evaluation of the functions of the immune system Evaluation of the role of key cells, tissues and organs in immune defence	Portfolio of evidence
		AC1.2	Differentiate between innate and adaptive immunity	Evaluation of innate immunity Evaluation of adaptive immunity	Portfolio of evidence
LO2	Understand how the microbiome supports immune function	AC2.1	Critically evaluate the role of the gut and the gut microbiome in immune function and holistic health	Evaluation of gut associated lymphoid tissue. Evaluation of functions of the gut microbiome in digestion, manufacture of nutrients + gut health.	Portfolio of evidence
		AC2.2	Critically evaluate the impact of dietary factors on microbiome diversity.	Evaluation of the effects of probiotics Evaluation of the effects of prebiotics Evaluation of the effects of symbiotics	Portfolio of evidence
LO3	Understand the relationship between dietary intake and cancer risk	AC3.1	Critically evaluate the impact of dietary patterns and specific foods in modulating cancer risk	Evaluation of causes of cancer and the role of the immune system Evaluation of the effects of specific foods and drinks on cancer risk ¹	Portfolio of evidence
LO4	Understand the immunological role of key micronutrients	AC4.1	Critically evaluate the role that key micronutrients play in human immunity	Evaluation of the role key micronutrients in immune function ² Evaluation of the consequences of deficiency or excess	Portfolio of evidence
LO5	Understand the relationship between diet, inflammation and autoimmunity	AC5.1	Critically evaluate the role of diet in chronic inflammation and common autoimmune conditions.	Differentiate between acute and chronic inflammation. Critically evaluate the effectiveness of an anti-inflammatory diet. Critically evaluate the evidence related to the diet and common autoimmune conditions ³	Portfolio of evidence

¹ Including alcohol, fibre, fruit and vegetables, polyphenols, dairy and soya.

² including Vitamin A, vitamin C, vitamin D, Vitamin E, selenium, zinc.

³ Including multiple sclerosis, rheumatoid arthritis and coeliac disease.

Appendix: Qualification Unit Specification Version Control

This document is subject to version control. We will request feedback from centres in advance of any change. We will then inform centres of the changes made in advance and will re-publish the specification via our website. All changes will be tracked here and confirmed as an updated version.

Version	Publication	Details
Version 01	10 December 2022	Publication 01