



Nutrition & Health Certificate Level 2

| Course Name | Start Date | End Date | Site | Total Fees |
|--|------------|----------|------|------------|
| Understanding Nutrition and Health Certificate Level 2 | | | None | |

Course Overview

This qualification aims to develop an understanding of the principles of healthy eating and the role of food in maintaining health. It provides increased confidence in planning and achieving a healthy diet, together with an understanding of how an individual's dietary requirements change throughout their life. The qualification offers awareness of the dietary requirements of particular individuals and an understanding of food labelling.

What Qualifications Or Experience Do I Need?

There are no previous entry requirements for this qualification. As this is a Distance Learning programme, you must be able to commit some spare time to work on your assessments in between your tutorials.

How Long Is The Course?

12 weeks

What Will I Learn?

The qualification consists of the following: Explore Principles of Healthy Eating, Consider Nutritional Needs of a Variety of Individuals, Use Food and Nutrition Information to Plan a Healthy Diet, Understanding Eating Disorders and Principles of food safety in the Home Environment.

How Will I Learn?

By reading the information booklets and answering questions.

How Will I Be Assessed?

Your tutor will assess your work and provide you with feedback. There are no exams to this course.

Where Could This Course Lead To?

Working in any environment where a knowledge of healthy eating is required.

Attendance Mode

Distance Learning

Course Type

Full Time & Part Time

Subject Area

DL