

Q&As: Healthy Eating & Well-being Course

11 hours CPD



Q. Why should I study the course?

A. The structure of the course has been designed to build you knowledge from how we digest foods (and nutrients) right through to what constitutes the basis of a healthy balanced diet. **There are 11 main areas of the course:**

- Digestion
- Nutrients
- Elements of a Balanced Diet
- Nutrients, The Cooking Process, Food Storage and Food Processing
- Metabolism
- Importance and Benefits of Eating Regularly
- Basic Rules/ Guidelines of Food Labelling
- Nutritional Imbalances and Health and Well-Being
- Other Dietary Habits and Factors
- Principles of Weight Loss and Weight Management
- General and Further Advice for Health and Well-Being

Note: The Nutrients section comprises a full description of over 20 nutrients in terms of their: role/ function, deficiency signs, sources and RNI (UK reference nutrient intake).

Q. What qualification will I gain upon completion of this course?

A.

i) This course has been accredited by the world renowned **Continuing Professional Development (CPD) Service**, the standard bearer for professional development, and provides **11 CPD hours**. This is a mark of quality that endorses the course as providing the individual with knowledge in the field that is up to date and relevant.

For further information on the value of CPD please click here: [CPD explained](#)

ii) The course has recently achieved certification by the Association for Nutrition (AfN). The AfN is a UK standard bearer for nutrition and education. Upon successful completion you will gain an **AfN approved Level 3 Health & Social Care certificate**.

For further information on the AfN certificate please click here: [AfN Level 3](#)

Q. What are the entry requirements or pre-requisites to join the course?

A. None, there are no entry requirements, except you must be 16 years of age or over. You do not need any previous science experience, just a keenness to learn!

Q. Is the course fully online?

A. Yes, entirely online: this includes all course content/ information and assessments. The course is designed so that ease of access to information is paramount. All course information is at your disposal: you may print all the material as you wish.

Q. Is there a time limit in which to complete the course?

A. No, you will receive lifetime access when you register. However, it is recommended that you make every effort to complete each course in a timely manner.

Q. How long will it take me to complete the course?

A. You can comfortably complete the course in 11 hours. How you organise your study is entirely up to you, but as a rough guide by studying just an hour-or -two a day you could you could complete this course in a few days or a week.

Q. Is there any special software I need to complete the course?

A. No, there are no special operating system requirements: the course run solely through the site. You simply need access to the internet via your PC, Mac, tablet or smart phone.

Q. Do I have to submit any written assignments?

A. No. There is no written material to submit at all.

Q. What are the assessment(s) of the course?

A. At the end of each of the units of the course are a mix of multiple choice and true/false type questions. The main purpose of these questions to test your knowledge; you are permitted to refer to the course material during the quiz. There is no time limit in which to complete the questions. Upon completion of the course and achieving an overall mark of 60% or above you will be awarded a personalised course certificate with confirmation of your award of 11 hours of CPD.

Q. Are there any fees for retaking the end of course fees?

A. No. If you fail the exam, you are free to retake the course. You can do this online immediately and without any further administrative step.

Q. Can this course help with my career?

A. Yes, most definitely. You will gain the confidence to approach prospective employers and academic institutions with your keen knowledge in nutrition.

The course is suitable for:

- working in health promotion and advice; this may be in educational settings such as schools, employment situations, and commercial settings such as fitness centres and health shops
- Workers or students interested in developing their understanding of working in nutrition, such as personal or health trainers/ nutrition assistants.

Q. Are there any extra or hidden fees?

A. No, there is a one-off fee only: this is the fee you pay to register for the course. There are no extra admin fees or exam fees.

Q. What if I need help?

A. Simply use the contact facility on the website and we will be in touch to resolve any issues.

Q. Who, what, why?!

A. Written by Khalid Khan, a former forensic scientist and long-established Nutritional Therapist (fully licensed with BANT and CNHC - the regulatory body and the register of Nutritional Therapists in the UK, respectively).

The course is based on a simple tenet: **good nutrition is vital for health, and good knowledge builds good nutrition.**

To help make this a reality for people, Khalid has drawn from extensive industrial and educational experiences and crafted several online courses. These are aimed at empowering people with informed healthier choices, by considering nutritional, dietary and lifestyle factors.