



Nutrition and Health Level 2

The aim of this qualification is to develop an understanding of the principles of nutrition and healthy eating, consequences of a poor diet, the nutrients and food groups needed for a balanced diet, the nutritional needs and energy requirements for a variety of individuals, including special diets and food allergies.

What knowledge will be gained?

This course offers an opportunity to increase your understanding and knowledge of the principles of healthy eating and the role of food in maintaining health, increasing confidence in planning and achieving a healthy diet, how an individual's dietary requirements change throughout their life, an understanding of food labelling and the ability to use information from food labels, provide information on eating disorders, the role of a healthy diet for weight management.

How is the course assessed?

You will receive an information pack and the resource to enable you to give written responses to questions in a work booklet, either handwritten or typed depending on your preference.

What are the benefits?

- *Achieve a nationally recognised Level 2 qualification
- * Further your personal and professional development
- *Increase your knowledge and awareness
- * Learn at a time that suits you without the need to attend college

What will be studied?

The course is split into 5 units:

Unit 1: Explore principles of healthy eating

Explores how diet affects a person's health, the 5 food groups, the role of different nutrients in maintaining health and healthy food preparation.

Unit 2: Consider nutritional needs of a variety of Individuals

Explores how nutritional needs vary with age, special dietary requirements and barriers to healthy eating.

Unit 3: Use food and nutrition information to plan a healthy diet

Explores food labels, facts behind nutritional claims on food labels, advantages and disadvantages of using food additives.

Unit 4: The principles of weight management

Explores weight management and how to plan a short-term weight management programme.

Unit 5: Understanding eating disorders

Explores different types of eating disorders, how they develop and their effect on health and wellbeing.

Who can apply?

Courses are funded for people who are aged 19 years or over, have lived in England for the past 3 years and who are not currently accessing any other government funded training.

Contact:

Angie Smith
07944 389077
angiecerts4care@gmail.com

Emma Wright
07773 945455
emmacerts4care@gmail.com