

Certificate in Understanding Nutrition and Health Level 2

Who is the course for?

This programme is for those interested in improving their understanding of nutrition and healthy eating, especially those working, or intending to work, in settings such as sport and recreation, exercise and fitness, hospitality and catering or health care.

What are the benefits of doing this course?

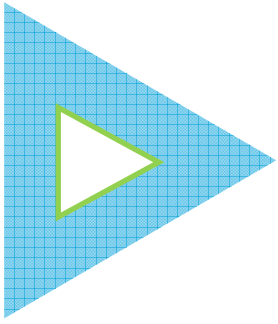
This programme will support learners in increasing their understanding of the principles of healthy eating and the role of food in maintaining health by providing insight into food labelling, eating disorders and finally the role of a healthy diet for weight management. It also looks at how to prepare, handle and store food safely.

Course content

The Level 2 Certificate in Understanding Nutrition and Health comprises six units across three module workbooks as follows:

- ▶ Explore principles of healthy eating
- ▶ Consider nutritional needs of a variety of individuals
- ▶ Use food and nutrition information to plan a healthy diet
- ▶ The principles of weight management
- ▶ Understanding eating disorders
- ▶ Principles of food safety for the home environment





Progression opportunities

By undertaking this programme, candidates will be able to further their own continuous professional development, which may improve their career prospects.

Course delivery and assessment

The programme enables learners to complete the course in their own time, and all study material and resources are provided. Learners have access to a tutor and the programme is marked based on modular assessment. There is also the opportunity to work through a series of reflective activities designed to reinforce the learning.

Entry requirements

Learners should be aged 16 and over but otherwise there are no specific entry requirements for this programme.

For further information contact

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