

Level 2 Certificate in Understanding Nutrition and Health

The purpose of this qualification is to develop learners' knowledge and understanding of nutrition and healthy eating, it covers the following areas: principles of healthy eating; nutritional needs of a variety of individuals; using food and nutrition information to plan a healthy diet; principles of weight management; eating disorders and food safety for the home environment.

Level 2

GLH 126

Credits 15

Cost	£229
Units	<ul style="list-style-type: none"> • Consider nutritional needs of a variety of individuals • Explore principles of healthy eating • Principles of food safety for the home environment • The principles of weight management • Understanding eating disorders • Use food and nutrition information to plan a healthy diet
Pre-requisites	<p>Prior to registration for this qualification learners are required to:</p> <ul style="list-style-type: none"> • Be accurately identified • Be 16 years of age or over • Be able to communicate effectively in English (included listening, speaking, reading and writing) <p>There are no other pre-requisites to certification other than completion of assessment criteria.</p>
Benefits	<ul style="list-style-type: none"> • Enhance your knowledge of nutritional value and healthy diets • Develop your understanding of eating disorders and how these can affect an individual • Understand how to plan a healthy diet and the impact this can have on the body
Qualification structure	<ul style="list-style-type: none"> • Qualification is delivered online with tutor support • Course length - approx. 3-4 months
Suitable for	<p>This qualification is suitable for any individual who wishes to develop their knowledge and understanding of nutrition, healthy diets and the impact these can have of the body. Possible progression routes are:</p> <ul style="list-style-type: none"> • Level 2 Certificate introducing caring for children and young people • Level 2 Certificate in the Improvement for Personal Exercise, Health and Nutrition
Course date	<p>This course can be booked at any time and is completed flexibly around your home and work life balance. Tutor support sessions can be scheduled between 9am-5pm Monday - Friday.</p>
Assessment	<p>Learners are assessed through theory-based, written activities. These can be completed via the online learning portal in the form of an assignment for each of the qualification units and submitted to your assessor for marking against the course criteria.</p>

To book on to our Level 2 Certificate in Understanding Nutrition and Health, get in touch:

 hello@activefutures.uk

 02382 511844

 activefutures.uk