LEVEL 2 CERTIFICATE IN UNDERSTANDING NUTRITION AND HEALTH

KEY TRAINING

The number of obese people in the UK has more than trebled in the last 25 years, reaching what many doctors believe to be 'epidemic' proportions. Insufficient nutrition can lead to a variety of health-threatening conditions; understanding the benefits of a balanced diet and the role of nutrition in the prevention and treatment of disease is fundamental.

COURSE CONTENT

This qualification is designed for those interested in improving their understanding of nutrition and healthy eating, and aims to:

- Increase understanding of the principles of healthy eating and the role of food in maintaining health
- Increase confidence in planning and achieving a healthy diet
- Provide an understanding of how an individual's dietary requirements change throughout their life
- Raise awareness of the dietary requirements of particular individuals
- Provide an understanding of food labelling and the ability to use information from food labels
- Provide a basis for further study and/or career development

HOW IS THE COURSE DELIVERED?

Alongside the learning materials, learners will have the support of a knowledgeable assessor/tutor who will give them advice and guidance on the course content as well as providing robust feedback on the work they complete. This course is usually delivered over a period of **8 weeks.**

UNITS

- 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

ELIGIBILITY CRITERIA

To be considered for this course you must:

- Be aged 19+
- Live in England
- Not currently be on any other funded programme or an apprenticeship
- Have lived in the EU for at least 3 years
- Not have already completed the course
- Live in a non-devolved postcode area (we can check this at the next stage)

For more information:

Call: **0800 101 7101**

Email: **info@keytraining.co.uk**

AVAILABLE FULLY FUNDED