

CERTIFICATE, LEVEL 2

Nutrition and Health

**START DATE**

Flexible

DURATION

11 weeks

LEVEL

Level 2

STUDY MODE

Part-time

AWARDING BODY

TQUK

You will be introduced to the principles of healthy eating and how diet is closely linked to health. This will include studying the diseases that can result from a poor diet and the nutrients and food groups needed for a balanced diet. You will also look at the nutritional needs and energy requirements for a variety of individuals, including special diets and food allergies.

Completion within 11 weeks, although early completion is achievable

Why study this course?

Benefits of Study:

- No need to attend college, work from home at a pace that suits you
- Achieve a nationally recognised Level 2 qualification
- Further your personal and professional development
- Available at no cost
- Receive support and guidance from a dedicated team of qualified assessors/tutors
- Study will enhance your personal and professional skills

What will I study?

The student will learn through the support of relevant materials for the course, with a knowledgeable tutor providing advice and guidance on the course content.

Units:

- Exploring the 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

What can I do after this course?

You may wish to complete a further distance learning course in: Understanding the Care and Management of Diabetes.

Entry requirements

No specific entry requirements, however good written English is desirable.

Assessment

The course is delivered via distance learning, supported by a range of interactive online resources. Work is assessed by the tutor throughout the course from induction to completion.

Visit this course on our website: <https://www.selby.ac.uk/courses/nutrition-and-health-certificate-level-2>

For further information please contact the college: <https://www.selby.ac.uk/contact>

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