

Level 2 Certificate in Understanding Nutrition and Health (Online)

Ofsted Outstanding Provider

Course Level: Level 2

Campus: Newcastle

Subject Type: Care, Education, Nursing & Midwifery

Course Overview:

Gain insights into essential nutrients, dietary guidelines and their role in supporting optimal health outcomes. Learn about the importance of balanced diets, portion control and hydration for maintaining a healthy lifestyle.

What's Covered:

This course will give an overall understanding of Nutrition and Health. The units include for the following topics:

- Explore 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 & Understand eating disorders.

Entry Requirements:

There are no formal entry requirements for this course, however you should have a good level of reading and writing skills.

Assessment Information:

This is an online learning course and will require the learner to commit to self study hours in order to complete the assessments.

Each learner will be assessed via interactive online resources and end of unit assessment questions. Assessments must be completed in the agreed timescale and submitted to the assessor who will then provide feedback, advice and guidance, and, additional support where needed.

Fees and Financial Support:

This course is FREE to adult learners aged 19+ who have been a UK/EU Resident for 3 years or more.

Progression:

There are further Level 2 certificates that you may progress to, which include: mental health problems, dementia care, and infection control, care planning, autism, learning disabilities, equality and diversity. Also you may progress to a Level 2 or 3 Diploma in Adult Health and Social Care or progress on to an apprenticeship within the sector.

How do I find out more?

For more information, please get in touch by calling Susan Goodwin, Health and Social Care Assessor on 01782 254121 or email susan.goodwin@nscg.ac.uk