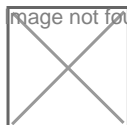


Level 2 Certificate in Understanding Nutrition and Health

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Course Information

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

Be working or volunteering in a health and social care environment or other relevant working environment; have a basic level of English in order to complete the written assessments.

Assessment Information

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

A range of financial support may be available for adult students to help towards the cost of your fees, equipment, childcare and/or other expenses while studying, depending on your personal circumstances and the course you are studying. For full details please visit www.nscg.ac.uk/finance

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.

What else do I need to know?

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

How do I find out more?

Contact the Work Based Learning Health and Social Care Team, Tel: 01782 254114 or 01782 254121

Subject Type
Care & Education

Course Location
Both

Level
Level 2

