

Understanding Nutrition & Health

The principles of healthy eating and diet are closely linked to good health. Study diseases that can result from a poor diet and learn about all the nutrients and food groups needed for a healthy, balanced diet. Consider the nutritional needs and energy requirements for individuals including those who require a special diet or who have food allergies.



Benefits

- Achieve a nationally recognised Level 2 qualification
- Evidence your competency to employers
- Further your personal and professional development
- Learn at a time that suits you without the need to attend college
- Understand the importance that good nutrition has on good health

What you will learn

- 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
- Explore principles of healthy eating
- Consider nutritional needs or a variety of individuals



Eligibility Criteria

- Aged 19+ (born before 01/09/1999)
- Lived in the EU for 3 years



Available
fully funded

To find out more about this qualification, please contact:

Call: 01924 303 302 | Email: wakefieldonlinelearning@wakefield.gov.uk |

Visit: www.wakefield.gov.uk/adulteducation