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Nutrition and Health

success. speed. support.

Course Overview

This nationally accredited qualification gives learners working, or intending to work, in settings such as sport and recreation, exercise and fitness, hospitality and catering or healthcare, an understanding of nutrition and health to support their role in the workplace.

Business Benefits

- Gives employees a high standard of learning to support their roles
- Provides assurances that employees are well trained
- Improves your team's understanding of important healthy food preparation principles
- Provides evidence of staff competency to external stakeholders
- Creates better preventative care through improved staff knowledge

What is the cost?

Due to the availability of government funding, this qualification is available at no cost. Funded places are limited so please book early to secure your place.

Learner Benefits

- Achieve a nationally recognised level 2 qualification
- Furthers personal and professional development
- No need to formally attend college
- Learn in your own time
- Access to sector-expert assessors throughout the course

Course Duration

6 - 12 Weeks

Awarding Body

NCFE / CACHE / TQUK

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Course Content

- Gain relevant skills, knowledge and understanding of key subject areas
- Increase understanding of food safety for the home
- Understand the principles of healthy food preparation
- Understand the connections between food and feelings

What you will learn

- 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
- Principles of Food Safety for the Home Environment
- DSE Risk Assessment
- COSHH Risk Assessment
- Manual Handling Safety at Work

How is it delivered?

Alongside the learning materials, you will have the support of a knowledgeable assessor/tutor who will give you advice and guidance on the course content as well as providing robust feedback on the work you complete.

The course is usually delivered over a period of 6 to 12 weeks.

Successful completion of this course ensures that the learner has fully understood these important principles and evidences knowledge of the subject area.

Course Duration

6 - 12 Weeks

Awarding Body

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