


**FREE**

 **Awarding Body**  
NCFE / CACHE / TQUK

 **Course Duration**  
6 / 12 Weeks

# Nutrition and Health

## Level 2

### Course Overview

Welcome to the Nutrition and Health Level 2 course, this course is designed to provide you with an in-depth understanding of the principles of healthy eating and the nutritional needs of different individuals. Through this course, you will learn how to use food and nutrition information to plan a healthy diet, manage weight effectively, and develop an understanding of eating disorders.

The course will cover a range of topics, including the essential nutrients required for optimal health, the role of macronutrients and micronutrients in the body, and how to assess nutritional status. You will also learn about the principles of weight management, including strategies for achieving and maintaining a healthy weight. In addition, you will explore the complex and often misunderstood area of eating disorders, including their causes, symptoms, and treatment options.


Whether you are looking to improve your own health or seeking to pursue a career in nutrition or healthcare, this course will provide you with valuable knowledge and practical skills that you can apply in a variety of contexts. So, let's begin the journey towards a healthier you and a healthier world!


### What is the cost?


As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

### How do learners benefit?

Taking the Nutrition and Health Level 2 course would benefit learners in several ways. Firstly, it will provide them with a deeper understanding of the principles of healthy eating, which can be applied to their daily lives to improve their overall health and wellbeing. Secondly, learners will gain knowledge about the nutritional needs of different individuals, including children, pregnant women, and the elderly, which can help them to provide better care and support to others. Additionally, the course will equip learners with the skills and knowledge to plan a healthy diet and manage weight effectively, which can have long-term benefits for their physical and mental health. Finally, learners will develop an understanding of eating disorders, which can help them to identify and support individuals who may be struggling with these conditions.

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