

Nutrition and Health

Summary

This is the ideal course if you are interested in deepening your knowledge and understanding of nutrition and learning how to develop and practice healthy eating habits. You will study the principles of healthy eating, consider the nutritional needs of a variety of individuals, and find out how to use food and nutrition information to plan a healthy diet.

Course Provider	NCC Home Learning Warwick House, Riverside Business Park, Benarth Road, Conwy LL32 8UB 0333 3445 690 www.ncchomelearning.co.uk
Qualification Accreditation	NCFE CACHE (RQF)
Academic level	2
PET entry requirements	Level 2 English
Format of course material	Paper-based (or file transfer on request)
Structure of course	<p>Three Units:</p> <p>Unit 1: Explore Principles of Health Eating Unit 2: Consider Nutritional Needs of a Variety of Individuals Unit 3: Use Food and Nutrition Information to Plan a Healthy Diet</p>
Assignments	3 written assignments, all sent to learner at start of course. Assignments to be submitted one by one for feedback. Feedback is given within 10 days.
Exam	No
Estimated completion time	120 hours
Maximum course duration	12 months from purchase date
Prison support requirements	Support assessment submission (ideally scan to the tutor or post). It is recommended to make copies in case assignments get lost; contact supplier for tutor support or more info on assignment submission. See contact details are above in the 'Course provider' section.
Supplier tutor's support	Tutors will mark assignments and answer learner questions by email (via prison staff) or letter directly from learners.
Certificate	A certificate will be posted out to the learner upon completion of course.

Progress

To discuss any progression routes, call our free Advice Line on 0800 048 7520 on Tuesdays (10-12pm and 2-4pm) and Thursdays (10am-12pm and 2-6pm).