

Nutrition and Health

Summary

On this course you can build on your knowledge of nutrition and learn how to develop and practice healthy eating habits. You will study the principles of healthy eating, consider the nutritional needs of a variety of people, 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
Academic level	Level 2
PET entry requirements	Level 2 English
Format of course material	Paper-based
Structure of course	<ul style="list-style-type: none"> • Unit 01 Explore principles of healthy eating • Unit 02 Consider nutritional needs of a variety of individuals • Unit 03 Use food and nutrition information to plan a healthy diet • Unit 04 The principles of weight management • Unit 05 Understanding eating disorders • Unit 06 Principles of food safety for the home environment
Assignments	3 written assignments
Exam	None
Study hours	120
Course expiry date	12 months
Prison support requirements	Facilitate tutor support via email. This often requires scanning learner assignments and email them to their tutor.
Supplier tutor's support	Yes - accessed via prison staff and also directly using EMAP. Assignment feedback given and questions answered.
Certificate	A printed certificate is provided upon successful completion.

Progress

There are range of possible progression options, including Psychology, Social Science and Wellbeing OU Access Module (Y034). Call our free Advice Line on 0800 048 7520 on Tuesdays (10-12pm and 2-4pm) and Thursdays (10am-12pm and 2-6pm).