

Understanding Nutrition and Health

This FREE on-line qualification will provide you an understanding of the impact that food and diet has on health and gain a nutrition-related qualification as an addition to your current skillset.

Learn about how diet affects a person's health, focusing on the five major food groups

Gain a practical insight into effective weight management

Understand more about different types of eating disorders

Discover how nutritional needs vary according to an individual's age

Each unit contains an assessment to demonstrate your knowledge of each subject area. Once you successfully complete all units you will achieve a Level 2 Certificate in Understanding Nutrition and Health.

Unit 1: The principles of healthy eating

Linking diet and health

Components of a healthy diet

The role of nutrients

Principles of healthy food preparation.

Unit 2: The nutritional needs of individuals

Nutritional needs of children and young people

Nutritional needs of older people

Special dietary requirements

Barriers to healthy eating.

Unit 3: Planning a healthy diet

Understanding food labelling

Understanding food additives

Applying principles of healthy eating.

Unit 4: Principles of weight management

Risks associated with ineffective weight management

Body image and weight management

Planning a short-term weight management programme.

Unit 5: Understanding eating disorders

Different eating disorders

Causes of eating disorders
How eating disorders affect the individual and others
Managing eating disorders.

Unit 6: Principles of food safety for the home environment

Handling food safely
Personal hygiene when handling food
Storing food safely
Effect of food storage on nutritional value
Keeping food work areas clean
Checking food is cooked to the correct temperature
Disposing of food waste safely.

Course duration

15 weeks

Recommended study

10 hours per week

Study requirements

No existing qualification required

What computer software will I need?

To study online with vision2learn you will require the following:

An Internet enabled PC running Microsoft Windows operating system
A Web browser (JavaScript and Cookie enabled)
An active email account
Microsoft Word or a similar word processing software program. (You may need additional software programs for IT courses – please contact us for more information.)
Adobe Reader
Adobe Flash Player (version 9.0 or higher)

Supported web browsers

We currently support the following web browsers.

Internet Explorer 11
Microsoft Edge *
Google Chrome *

Mozilla Firefox *

* Microsoft Edge, Firefox and Chrome follow a continuous release policy. We will support the last 2 major versions of each of these browsers.

Please ensure that your browser has JavaScript and Cookies enabled as this will be required in order to access our e-learning platform and courses. If you are still unsure, you can visit whatismybrowser.com to check your system meets with our minimum requirements.

Entry Requirements

The course is aimed at those 19 years (as at 31st August 2020) and over.

Once we receive your application we will send you an email link to complete your registration.

When applying for one of our free courses you will be asked to supply a copy of your ID, which can be either a passport, driving licence, birth certificate or national identity card. If you were born outside the EU, you must have proof of residency status and you will need to provide a copy for our records. If you have declared you are in receipt of benefits you will also need to provide us with evidence of this.

Please note whilst there is no limit to the number of free courses you can complete, you can only study one free course at a time.

In some instances fully funded applications are subject to postcode eligibility.

What's Next

Your Options

	Start Date	End Date	Course Level
Understanding Nutrition and Health (Part Time)			
Online	01/08/22	31/07/23	2