



Level 2 Understanding Nutrition & Health (OL)

Study Type

Online

Course Area

Health & Science

Entry Requirements

This qualification is designed for a wide range of learners with some existing knowledge of this area who are interested in improving their understanding of nutrition and health. There are no specific recommended prior learning requirements for this qualification. However, learners may find it helpful if they've already achieved a Level 1 qualification.

This course is suitable for students aged 19 and over.

Course Information

This qualification aims to:

- Increase understanding of the principles of healthy eating and the role of food in maintaining health
- Increase confidence in planning and achieving a healthy diet
- Provide an understanding of how an individual's dietary requirements change throughout their life
- Provide an understanding of food labelling and the ability to use information from food labels
- Provide information on eating disorders
- Increase understanding of the role of a healthy diet for weight management
- Increase understanding of the principles of food safety in a home environment.

Assessment

To achieve the Level 2 Certificate in Understanding Nutrition and Health, learners must successfully demonstrate their achievement of all learning outcomes and assessment criteria of the mandatory units as detailed in the qualification specification. Grades are not awarded.

Considerations

Please note you can only study one online course at a time. Upon successful completion, you can then apply for a new programme.

Progression

This qualification aims to give learners working in, 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.