



# Nutrition and Health

The number of obese people in the UK has more than trebled in the last 25 years, reaching what many doctors believe to be 'epidemic' proportions. Insufficient nutrition can lead to a variety of health-threatening conditions; understanding the benefits of a balanced diet and the role of nutrition in the prevention and treatment of disease is fundamental.

## Course Content

- Gain relevant skills, knowledge and understanding of key subject areas
- Food safety for the home
- Principles of healthy food preparation
- Connections between food and feelings

## Mandatory units

- Healthy eating
- Consider nutritional needs of a variety of individuals
- Use food and nutrition information to plan a healthy diet
- Weight management
- Eating disorders
- Food safety for the home environment

### Qualification

Fully Funded  
Level 2 Certificate  
Distance Learning

Guided Learning  
Hours

126

Course length

10 weeks



To enquire about this course, call Claire at CQM Learning  
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