

Understanding Nutrition and Health Certificate (Online)

Adult

Employer Training

Whether you work in the healthcare or fitness industry and want to enhance your knowledge, or whether you just want to make some lifestyle changes yourself, our level 2 Certificate in Understanding Nutrition and Health is perfect for you. This fully online course will teach you about the role food and exercise play in maintaining health, and what the information on food labelling really means and how to use it correctly. It also covers the different diets that children and older people need to make sure they are fit and strong, as well as what can cause eating disorders and how to manage them. You'll gain insight into creating a diet and exercise plan that's tailored to each individual's needs, and understand how to manage food hygiene to achieve maximum results.



Scan the QR Code for full course description, assessment and progression options from this course

ENTRY REQUIREMENTS

19+, Currently live in England, Resident in the UK/EU for 3+ years, L1 Literacy Initial Assessment, Computer access



LOCATION & NEXT START DATE(S)

Online - As required



LEVEL
Level 2

DURATION
12 weeks.

ATTENDANCE
Distance Learning

FEES
Tuition Fees: £0.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



**Find out more and
apply online**



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Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



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