Understanding Nutrition And Health Level 2

Course Name	Start Date	End Date	Site	Total Fees
Understanding Nutrition And Health L2	25/11/2026	17/06/2027	Home Learning	0.00
Understanding Nutrition And Health L2	13/01/2027	28/04/2027	Home Learning	0.00
Understanding Nutrition And Health L2	03/02/2027	26/05/2027	Home Learning	0.00
Understanding Nutrition And Health L2	03/03/2027	30/06/2027	Home Learning	0.00

Important Information

After submitting an enrolment request you will be contacted by a member of our team to complete a questionnaire. The questionnaire must be returned before your enrolment can be finalised.

Who Is This Course For?

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.

What Can I Learn On This Course?

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

How Is This Course Delivered?

Although this is an online course, you will receive extensive individual support throughout your studies. Your dedicated tutor is available to provide guidance and answer questions via email, telephone, Microsoft Teams calls, or in-person meetings. This approach ensures that you can study flexibly but have access to regular support in a way that suits your personal circumstances.

What Will I Need To Bring With Me?

To complete the course, you will need access to a computer and the internet. You will be given access to an online assessment account (e-assessor) to record and document your learning evidence.

What Skills Or Experience Do I Need?

No prior qualifications, experience or skills are needed, but you may find it helpful if you already achieved a level 1 qualification. You will also benefit from possessing basic IT skills to allow you to access the online materials.

How Will My Work Be Assessed?

This course is awarded by NCFE.

You will receive your own study pack made up of high-quality workbooks which your assigned specialist tutor will guide you through to complete your studies. You will be expected to complete all assessments on e-assessor, and your tutor will provide feedback after each assessment.

To be awarded the Level 2 Certificate in Understanding Nutrition and Health, learners are required to successfully complete 6 mandatory units:

- 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

What Can I Do After The Course?

You could progress onto other Online Learning programmes such as:

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- Level 2 qualifications in Hospitality and Catering

Level 2 Certificate in Preparing to Work in Adult Social Care