

## Understanding Nutrition and Health

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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.

The course is to be completed online at your own pace.

<b>When does this start and end?</b>	<b>What are the entry requirements?</b>	<b>Need more information?</b>
<ul style="list-style-type: none"><li>• 31 March 2025 - 4 July 2025</li></ul>	Students will need to hold a Level 1 qualification in English and will require an Information, Advice and Guidance appointment prior to being offered.	You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us <a href="mailto:courses@northern.ac.uk">courses@northern.ac.uk</a>

### Course description

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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.

## What can this course lead to?

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Learners who achieve this qualification could progress to:

- Level 3 Certificate in Preparing to Work in Adult Social Care
- Level 3 Certificate for Working in the Health Sector
- Level 2 qualifications in Hospitality and Catering
- Level 2 and 3 qualifications in Exercise and Fitness

## Want to learn more?

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You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

## Location

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Online

## Course session dates

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Session dates for 31 March 2025 - 4 July 2025

- Monday 31 Mar 2025 to Friday 04 Jul 2025

Last updated: 25th March 2025