

Understanding Nutrition and Health

This qualification is ideal for learners with some existing knowledge of this area who are interested in improving their understanding of nutrition and healthy eating.



Nationally accredited



100% Government funded



Takes on average 5 - 10 weeks



Engaging online learning



Expert 1-to-1 support



Level 2 qualification

Course Description

This qualification aims to help improve your understanding of nutrition and health, you will cover factors such as the principles of healthy eating and of effective weight management, nutrition in the context of eating disorders and how to effectively prepare food safely in a home environment.

Are you eligible to complete this qualification for free?

This qualification is 100% government funded if:

- On the 31st of August 2019, you were aged 19 or over
- You currently live in England. (However, anyone living in the following areas is not eligible for funding: Cambridgeshire and Peterborough, Greater Manchester, Liverpool City Region, Tees Valley, West Midlands, West of England, North East of England, and West Yorkshire)
- You have lived in the European Union for the last 3 years (unless you have been given a special Visa/Residence permits that gives you the permanent right to remain)
- Are unemployed in receipt of benefit or employed and can provide evidence (subject to eligibility)
- Can provide Identifications and relevant documentation as required
- If on the 31st of August 2019, you were aged between 19-23, you need to have gained a full level 2 qualification (e.g. five or more GCSE/O-Levels at grades A* - C / 4 - 9, one A-Level, two/three AS-Levels, five or more CSE grade 1's, GNVQ Intermediate, QCF Diploma Level 2).

How home-based learning works

After an initial digital assessment, you will receive access to the digital course, which is full of engaging and comprehensive content such as videos, quizzes, and more. You will be paired with a qualified assessor who will provide you with ongoing, friendly support. You'll then complete an online assessment in order to receive your qualification.

Job roles that this qualification can lead to:

- Nutritionist
- Chef

Course Content

- Explore the principles of healthy eating**

In this unit you will explore what a healthy diet is and how your diet directly affects your general health. You will also examine various lifestyle diseases, the role different nutrients play in assisting how your body functions and learn how to plan a healthy meal and prepare food safely.

- **Consider the nutritional needs of a variety of individuals**

This unit looks at how nutritional needs alter with age from children up to older people, and focuses on the specific dietary requirements of these demographics. You will also learn the factors that create barriers to a healthy lifestyle.

- **Use food and nutrition information to plan a healthy diet**

In this unit you will gain an increased awareness of the information that is provided on food labels and how this can be used to plan healthier meals and encourage a healthier diet. You will also look at the advantages and disadvantages of food additives and evaluate your own diet.

- **The principles of weight management**

This unit explores the risks associated with ineffective weight management and highlights how to implement effective methods of weight management. You will look at how societal demands for a particular body image can negatively influence weight management and how to plan a short-term weight management programme that works for you.

- **Understanding eating disorders**

In this unit you will study different eating disorders and their effect on health and well-being. You will also look in more detail at the complex connection between food and feelings and how to access information and support in relation to eating disorders.

- **Principles of food safety for the home environment**

This unit will cover how to implement food safety in a safe environment, avoid contamination and identify hazards. You will also learn about the importance of personal hygiene when handling food.

FAQs

Where and when do courses take place?

Our Home Learning courses take place from the comfort of your home! You can be enrolled on our courses whenever you are ready, and start when you're ready.

Can I work at my own pace and my own time?

Yes, the main advantage of doing our Home Learning course is that allows you to be flexible to choose the times that suits you to learn. Each course will have a recommended date to complete, with plenty of time to work through the units to gain the qualification.

How many hours a day do I need to dedicate to this course?

The amount of time that you dedicate to the course is entirely flexible. Depending on the qualification, someone dedicating 15 hours of learning a week can complete their qualification within eight weeks.

Do I have to pay for this course?

All our courses are free for those who are employed, furloughed or unemployed, subject to eligibility.

How do I enroll?

Please visit strivetraining.co.uk to enroll.

Do I have to attend your training centre?

No, you don't need to attend our training center for any of our Home Learning courses.

Can anyone sign up for this course?

Yes, anyone who is employed or unemployed can enroll on any of our courses, subject to eligibility.

Do your courses have start dates?

No, you can start when you are ready and enroll when you are ready.

How many courses can I take?

You can enroll on one course at a time, but you can do as many as you like to achieve your career goals. We are happy to give you information, advice and guidance on any courses you wish to complete.

Will I get a certificate at the end of the course?

Of course. All our courses are accredited courses and you will receive a nationally recognized certification on achievement.

Do I need to do an exam at the end of my course?

All our Home Learning courses are assignment based, you will need to complete assignments for each of the units of the qualifications and submit them to your assessor.

What if I need support with my course work?

Your assessor will be available to support you through email or our messaging system and provide feedback on all your assignments you submit.

Will I be told how I am doing throughout the course?

Yes, you will be provided with regular progress updates.

I am interested in courses on subjects that aren't yet covered by Strive Training, will more courses be available?

Yes, there are further courses that will become available in due course, we will be keeping our website updated regularly, but if you would like to be notified please email us at homelearning@strivetraining.co.uk

I'm not great with technology - will I be able to learn online?

We continually try to make learning simple and transparent. Learning through our online platform is incredibly easy and you can navigate around your qualification quickly and access all the learning materials as soon as you login. Your studying should be about what you learn, not how you learn it. Which is why we make the entire process as simple as possible to help you adjust to learning online.

Next steps:

Visit strivetraining.co.uk to enroll or contact Ananta Patel
on 07388 993 106 or via apatel@strivetraining.co.uk

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Skills Funding
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