

## Level 2 Certificate in Nutrition and Health

### About the 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 and increase understanding of the role of a healthy diet for weight management.

The objectives of this qualification are to: give learners working, or intending to work, in settings such as Sport and Recreation, Exercise and Fitness, Hospitality and Catering or Healthcare an understanding of nutrition and health to support their role in the workplace and enable learners to progress to other qualifications in this subject area, or within the wider area of healthcare, sport and leisure, or hospitality and catering.

### Structure of Course

The level 2 Certificate in Nutrition and Health is a 14 credit and 114 guided learning hour (GLH) qualification that consists of 5 mandatory units.

### Assessment

This qualification is a paper based distance learning programme. An assessor will be allocated to you to assess the units and give feedback and corrections when required.

### Entry Requirements

There are no formal entry requirements.

### Employment Information

You do not need to be working in a specific setting to complete this qualification

### Start Dates

Continuous throughout the year as we run a rolling programme

### Duration

Approximately 4months

### Progression

Learners could progress to further Health and Social Care qualifications or look at job roles where this qualification can be used.

### Contact us

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### Course Modules

#### Mandatory Group –

- Unit 1 Explore principles of healthy eating
- Unit 2 Consider nutritional needs of a variety of individuals
- Unit 3 Use food and nutrition information to plan a healthy diet
- Unit 4 The principles of weight management
- Unit 5 Understanding eating disorders



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