

Understanding Nutrition and Health TQUK Certificate Level 2

Course Overview

Having knowledge of nutrition and how this relates to your health can help prevent the development of several health conditions. This course looks at the dietary requirements of children through to the elderly and why having a nutritionally balanced diet is essential to your well being. We look at what factors influence your diet and how advertising can be very misleading. You are asked to keep a week long food diary so you can compare this to the daily recommendations for someone your age. On average the course takes 14 weeks to complete. The time frame depends on the time you have available and your prior knowledge.

What you will learn

During this course, you will learn about:
The principles of healthy eating
Nutritional needs at different stages of life
Planning a healthy, balanced diet
Weight management
Understanding eating disorders
Food safety in the home
You'll usually have three weeks to complete each submission. If you need more time, simply contact the Distance Learning Team. You can study online through our learning platform, Equal, or choose a paper-based course pack. Everything you need to complete the course is provided. As this is a distance learning course, you'll study from home at a time that suits you. There are no classes to attend, and our friendly tutors are available to support you throughout your learning.

Entry Requirements

You must be over 19. You are asked to describe what you hope to achieve from the course during enrolment. This helps us to provide you with the right advice and ensure you are on the right course and at the right level. If you are not a British Citizen you may have to complete a Fee Assessment to ensure you qualify for government funding.

Course Fees

The level 2 distance learning courses are fully funded. If you are not a British Citizen you may need to complete a Fee Assessment to check funding eligibility. Please note that, upon successful completion of your course, you will receive an e-certificate by email. Printed certificates are not provided as standard. Awarding organisations have moved away from issuing physical certificates to support environmental sustainability, reduce their carbon footprint, and make it easier to obtain a replacement certificate if required. If you would like a printed certificate, this can be requested at a cost of £46, payable by the learner.

Course Progression

Leicester College has a huge choice of distance learning courses available at both level 2 and 3. At the end of your course, your tutor may suggest a suitable option for you or you can contact the Distance Learning team to advise you on the courses available. We also have a careers team available via phone email or in person who can help to plan a career pathway for you.

What Happens Next

If you would like to enrol, please click on Apply Now. You will then be directed to the application form, once complete you will be emailed a link to the full enrolment page, the link will ask for an Enrolment Code, which will be sent to you via text message. If you need any help with enrolment, please contact the college and we will guide you through the process.

Course Details

Course Code	P00079
Start Date	Various
Study Hours	Part Time
Duration	9 weeks
Campus	DISTANCE
Level	2

[Apply Here](#)