



LEVEL 2 CERTIFICATE IN

# UNDERSTANDING NUTRITION & HEALTH

**This qualification aims to improve knowledge and understanding of nutrition and health.**

It covers factors such as the principles of healthy eating and weight management, nutrition in the context of eating disorders and how to prepare food safely in a home environment.

**Mode of Study:**



Online Distance Learning

**Level:** 2

**Duration:** 12 weeks

**Awarding/validation body:**

TQUK

DISTANCE LEARNING



Croydon College



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## Course Highlights:

- Gain a nationally recognised qualification.
- Supports a career pathway within the health and social care sector.
- This course is delivered via distance learning, allowing learners to choose when and where they study.
- Study will enhance both personal skills and professional development.
- Personal tutors are assigned to learners to ensure they have the support needed to succeed.

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## Career Opportunities & Further Studies

This is a great course for anyone working in, or looking to work in the health and social sector. A learner completing this course may want to go on to complete one of our other health and social care courses such as:

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**Level 2 Certificate in Common Health Conditions**

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**Level 2 Certificate in Falls Prevention and Awareness**

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**Level 2 Certificate in Principles of Dementia Care**

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## Assessment:

Learners will complete a series of assessment questions throughout the course. These will be submitted via the online learning platform, EQUAL, and marked by the tutor.

Feedback will be returned to the learner for each assessment they complete.

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## Entry Requirements:

This qualification is ideal for anyone who wishes to develop their knowledge and skills surrounding diet and health, different forms of nutrition, planning a weight management programme and food safety awareness.

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## Financial eligibility:

- Must be aged 19 or over.
- A resident in England for the last 3 years.
- Not enrolled in any other distance learning course with us.
- Not have already done the course of interest before.

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## Other relevant information:

- The Awarding body is TQUK.
- Certificates are sent as E-certificates.
- It can take 8 - 12 weeks for a learner to receive their certificate once they have completed their course.

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**If you would like to find out more about this course, the funding available and how they could help you take the first step in upskilling, retraining or pursuing your ambitions, before you apply then please contact our online distance learning team on [distancelearning@croydton.ac.uk](mailto:distancelearning@croydton.ac.uk)**

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