



Nutrition and Health - Level 2 Certificate

This course has been designed to enhance your understanding of nutrition and healthy eating, enabling you to progress in areas such as sports and recreation, exercise and fitness, or healthcare.

WHAT WILL I STUDY?

Topics covered can include:

- Nutritional needs of a variety of individuals
- Principles of healthy eating
- Using food and nutritional information to plan a healthy diet
- Principles of weight management
- Principles of food safety for the home environment
- Understanding eating disorders

WHAT WILL I NEED?

You will need:

- Four GCSEs at grade 1 or above or an equivalent Level 1 qualification

All applicants must have an interview and assessment to confirm that the course is suitable for them.

HOW WILL I BE ASSESSED?

You will be assessed on your completed practical tasks, written assignments and presentations.

WHAT WILL IT COST?

ADULTS - ENTRY LEVEL, LEVEL 1 AND LEVEL 2

Start Date: 18 February 2025

Duration: 13 Weeks

Attendance: Part Time

Location: Enfield Centre

If you will be aged 19+ on 31st August prior to the start date of your course, up to Level 2, then your study with us will be free. You must have lived for 3 years within the EU/EEA/UK prior to the start of your course, you must have lived in the UK before 1st January 2021 and you must have permission to live in the UK for at least 12 months from the first day of learning. Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

You will be required to wear sports-related clothing and footwear.

WHAT CAN I DO AFTER?

On successful completion of this course, you can progress onto Gym Instructing - Level 2 Certificate (YMCA) or other sports courses at Level 2 or 3.

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