

Nutrition and Health - Level 2 Certificate (NCFE)

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
- Raise awareness of the dietary requirements of particular individuals
- Provide an understanding of food labelling and the ability to use information from food labels
- Provide a basis for further study and/or career development

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

You can enrol on our FREE distance learning courses from the comfort of your own home, with all workbooks and assessments available online with the help of your tutor who will be assigned to support you throughout your training. All you'll need is a computer (laptop or PC, Windows, or Mac), tablet and access to the internet.

Awarding body: NCFE/CACHE

Duration of course: 2-3 Months

Guided learning hours: 126

WHAT WILL I STUDY?

To be awarded the Level 2 Certificate in Understanding Nutrition and Health, learners are required to successfully complete 6 mandatory units:

- Unit 01 – Explore principles of healthy eating
- Unit 02 – Consider nutritional needs of a variety of individuals
- Unit 03 – Use food and nutrition information to plan a healthy diet

Time: This is an online course that you can work on at your own pace. You will be allocated a tutor to provide you with online guidance and support.

Duration: This course typically takes 2 - 3 months to complete

Venue: Online

- Unit 04 – The principles of weight management
- Unit 05 – Understanding eating disorders
- Unit 06 – Principles of food safety for the home environment

WHAT WILL I NEED?

To enrol with us you must live in London or a non-devolved area of England and

- Be aged 19 or over
- Be able to provide a British or Irish Passport with three years' residency in the EU/EEA or
- Have a European Union Settlement Scheme residence (EUSS) with three years' residency in the EU/EEA and UK and have lived in the UK prior to 31 December 2020 or
- Have a biometric residence card permitting study in the UK along with having lived in the UK for the at least the last three years and
- Be able to provide current proof of JSA, IS, UC or ESA or proof of salary

You will be contacted and asked to complete a short English assessment and enrolment, online or at the college.

WHAT WILL IT COST?

FREE – If you meet the eligibility criteria

WHAT CAN I DO AFTER?

The qualification can support progression to further sector-specific training and qualifications for the following types of roles:

- Health and Social Care
- Education
- Sport and Recreation
- Voluntary sector

Time: This is an online course that you can work on at your own pace. You will be allocated a tutor to provide you with online guidance and support.

Duration: This course typically takes 2 - 3 months to complete

Venue: Online

