



# Global Training Centre

## 101, Lockhurst Lane, Coventry, CV6 5SF

Course Name	<b>Level 2 Understanding Nutrition and Health</b>
Qualification achieved	ICQ Level 2 Certificate in Understanding Nutrition and Health (RQF) 603/3511/7

<b>Course Structure</b>
<p>This course is completed by:</p> <ul style="list-style-type: none"><li>• Individual research at home guided by your assessor</li><li>• Telephone assessment appointments to discuss your evidence and/or submitting written evidence to your assessor</li></ul> <p>There is no observation of practice at your place of employment required to complete this course.</p> <p>There are no exams required to achieve the qualification</p>
<b>Course Duration</b>
<p>This course can be completed in as little as 8-16 weeks. Average learning time is 160 hours. This course has a limit of 6 months to complete from enrolment date.</p>
<b>Costs</b>
<p>This course is fully funded, but there is an initial registration enrolment fee of £25, usually paid by your employer.</p>
<b>Who can enrol for this course?</b>
<p>Anyone who is employed in the health care sector. Anyone who works in health care sector but not necessarily working directly with individuals (for example admin staff, receptionist, kitchen staff, housekeepers) This course can be undertaken by kitchen assistants working within a care environment, carers working in the community, and people working to promote health and nutrition.</p>
<b>Who is this course suitable for?</b>
<p>This course is designed for</p> <ul style="list-style-type: none"><li>• health care workers</li><li>• Care workers</li><li>• Support workers</li><li>• Individuals already working with individuals in care homes, nursing homes, residential</li><li>• Individuals wishing to move into a career within care settings</li><li>• Domiciliary care workers</li><li>• Kitchen staff</li></ul>
<b>Certification</b>
<p>Upon successful completion of this course you will be issued with a free online copy of your certificate. Candidates wishing to have a hard copy certificate will be charged £75 less the cost of your initial registration enrolment fee</p>

#### What will I learn by taking this course

This course has 6 mandatory units covering

- Principles of healthy eating
- Consider nutritional needs of a variety of individuals
- Use food and nutrition information to plan a healthy diet
- The principles of weight management
- Understanding eating disorders
- The principles of food safety in the home environment

#### The benefits of taking this course will provide you with good knowledge and understanding in

- Understand the link between diet and health
- Understand what makes up a healthy diet
- Know the nutrients in food and how they can maintain health
- Understand the principles of healthy food preparation
- Know the nutritional needs in young people
- Know the nutritional needs in adults
- Understand food labelling
- Understand food additives
- Apply principles of healthy eating
- Understand the risks associated with ineffective weight management
- Understand effective methods of weight management
- Be able to plan a short-term weight management programme for an individual
- Understand the term 'eating disorder'
- Understand the causes of 'eating disorder'
- Understand how an eating disorder may affect the individual and others
- Understand how a specific eating disorder may be managed
- Know the importance of handling food safety
- Know how to store food safety
- Know the importance of personal hygiene when handling food
- Know how food storage can affect the nutritional value of food
- Know how to keep the food area clean
- Understand the importance of temperature when cooking food
- Know how to dispose of food waste safety