

NCFE LEVEL 2 AWARD IN NUTRITION AND HEALTH (QCF 12 CREDITS)

This is a distance learning course where candidates will be expected to progress through a portfolio. Our assessors will spend approximately 6 hours over a period of four weeks guiding and supporting the candidates to completion. There are four units:

1. Explore principles of healthy eating
2. Consider Nutritional needs of a variety of individuals
3. Use food and nutrition information to plan a healthy diet

Who is this course suitable for?

This qualification is ideal for a wide range of learners with some existing knowledge of this area who are interested in improving their understanding of nutrition and healthy eating.

Do I need any experience?

No. Our trainers have designed the workshop to give you all the information and training you need to develop your skills.

What if I can't fit it in?

The Business Solutions @ Northbrook team understand how hectic life can be sometimes; it's for this reason that we're happy to customise this workshop for individual employers and ensure flexible delivery, either on your premises or at Northbrook College (A company costing will be provided once your training needs are finalised).

What will I gain from this course?

As this course is part of the Quality Credit Framework, successful candidates will gain 12 credits on completion.



What will I learn on this course?

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

What are the specific details?

Price	£275.00
Duration	Approximately 8 weeks

For the latest course information including dates, please visit our website and select 'Our Training' from the top right of the page:

www.northbrook.ac.uk/BusinessSolutions

How do I enrol or get further information?

For further information, or enrolment, please contact the Business Solutions @ Northbrook team on:

☎ (01903) 606 114

✉ business.solutions@nbcoll.ac.uk

💻 www.northbrook.ac.uk/BusinessSolutions

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