

# Understanding Nutrition and Health

The number of obese people in the UK has more than trebled in the last 25 years, reaching what many doctors believe to be 'epidemic' proportions. Insufficient nutrition can lead to a variety of health-threatening conditions; understanding the benefits of a balanced diet and the role of nutrition in the prevention and treatment of disease is fundamental.



## Benefits

- Achieve a nationally recognised Level 2 qualification
- Evidence your competency to employers
- Further your personal and professional development
- Learn at a time that suits you without the need to attend college
- Increase your understanding of food safety for the home environment

## What you will learn

- Unit 1 - Explore Principles of Healthy Eating
- Unit 2 - Consider Nutritional Needs of a Variety of Individuals
- Unit 3 - Use Food and Nutrition Information to Plan a Healthy Diet
- Unit 4 - The Principles of Weight Management
- Unit 5 - Understanding Eating Disorders



## Eligibility Criteria

- Aged 19+ (born before 01/09/1997)
- Lived in the EU for 3 years
- Can be completed online or by workbook



Available  
fully funded

To find out more about this qualification, please contact:

Call: **07584 684336** | Email: **Vicki.Gibbs@sussexdowns.ac.uk** | Visit: **www.sussexdowns.ac.uk**