

# NCFE LEVEL 2 AWARD IN NUTRITION AND HEALTH



Rising obesity levels in Britain and the popularity of fast food has made the topic of nutrition and health a key aspect of a rounded education. This course gives you the opportunity to learn about the essentials of a healthy diet. It looks at the nutritional needs of different groups in society and it also gives you the opportunity to plan a healthy diet. It may be particularly relevant to those who do sport, those involved in caring for others and anyone who is interested in improving their own diet. It may also appeal to those who are soon to be responsible for planning their own diet in the future such as students living away from home for the first time. The course does not involve actual cooking and is assessed by completion of a workbook which is internally marked.

**Entry requirements:** Standard pre-advanced course entry requirements

## Topics covered:

- Planning diets
- Principles of healthy eating
- Nutritional needs of different individuals

## How is the course assessed?

100% coursework

