

# Certificate in Understanding Nutrition and Health

Level 2    ⋮    126gh    ⋮    15 credits

Obesity has become a significant public health problem in the UK. A quarter of children leaving school are now classed as overweight. In addition, one in four adults are now considered obese and current trends suggest this could exceed fifty per cent by 2050. Being overweight can have a detrimental effect on the self-esteem and mental health of individuals, and also increases the risk of developing a range of serious diseases, which can shorten life expectancy. Health problems associated with obesity are placing enormous pressure on the NHS, costing more than £5billion every year.

Hallmark's nutrition and health programme has been developed to provide learners with essential knowledge and understanding of nutrition and diet, and how these impact on an individual's health and well-being.

## Who is it for?

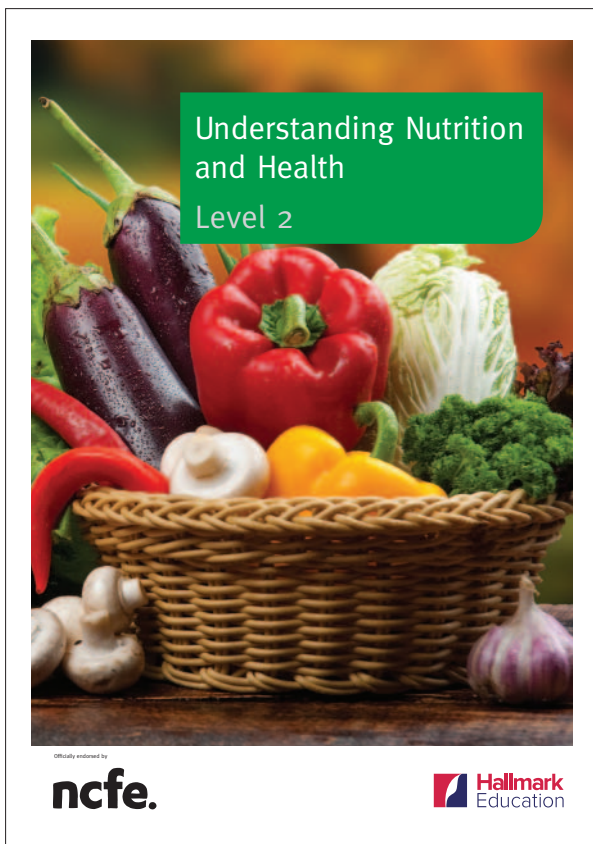
This qualification is ideal for a wide range of learners who are interested in improving their understanding of nutrition and healthy eating. It will be particularly relevant for those working, or intending to work, in settings such as sport and recreation, exercise and fitness, hospitality and catering or health care, providing specific skills and knowledge to support their role in the workplace.

## What are the benefits of doing this course?

As well as enabling learners to achieve a nationally recognised qualification, this programme will support learners in increasing their understanding of the principles of healthy eating and the role of food in maintaining health. This will provide them with greater confidence in planning and achieving a healthy diet.

The programme provides an insight into food labelling, eating disorders and the role of a healthy diet for weight management. It also looks at how to prepare, handle and store food safely. Hallmark's high-quality materials will allow learners to think about how their attitude towards food can influence and impact on well-being. It is an ideal programme to support continuous professional development for staff and encourages healthy living, which in turn benefits employers.





## Course content

The Level 2 Certificate in Understanding Nutrition and Health comprises six mandatory units presented in three concise module workbooks:

### MODULE A:

*Explore principles of healthy eating (Credit value: 5)  
(R/505/2204)*

### MODULE B:

*Consider nutritional needs of a variety of individuals  
(Credit value: 4) (J/601/2535)  
Use food and nutrition information to plan a healthy diet  
(Credit value: 3) (M/601/2545)*

### MODULE C:

*The principles of weight management (Credit value: 1)  
(L/505/2203)  
Understanding eating disorders (Credit value: 1)  
(D/506/2928)  
Principles of food safety for the home environment  
(Credit value: 1) (T/506/3146)*

Each unit contains activities and assessments designed to cover the specific learning outcomes.

## Progression opportunities

By undertaking this programme, learners will be able to further their own continuous professional development, which may improve their career prospects, or progress on to further qualifications, such as courses in hospitality and catering, health care, or exercise and fitness related subjects. Please go to [www.hallmarkeducation.org.uk](http://www.hallmarkeducation.org.uk) for details of relevant Hallmark programmes.

## Information for learning centres:

### Qualification reference number:

601/3389/2

### Awarding organisation:

NCFE (see [www.ncfe.org.uk](http://www.ncfe.org.uk))

## Entry requirements

This qualification is open to all learners aged 14 and over, and there are no specific entry requirements.

## Course delivery and assessment

Hallmark's learning materials comprise a set of high-quality workbooks, which have been produced to suit a range of delivery methods. Learners will be provided with all the necessary materials to complete the programme and will have the opportunity to work through a series of reflective activities designed to reinforce the learning process and test their knowledge. The learning materials also include an assessment, which allows learners to complete a portfolio of evidence and demonstrates achievement of all learning outcomes associated with each unit. A comprehensive tutor guide is supplied to accompany these materials.

## For further information, please contact:

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