

Nutrition and Health



Course Overview

You will be introduced to the principles of healthy eating and how diet is closely linked to health. This will include studying the diseases that can result from a poor diet and the nutrients and food groups needed for a balanced diet. You will also look at the nutritional needs and energy requirements for a variety of individuals, including special diets and food allergies.

Completion within 12 weeks, although early completion is achievable.

Benefits of study:

- No need to attend college, work from home at a pace that suits you
- Achieve a nationally recognised Level 2 qualification
- Further your personal and professional development
- Available at no cost
- Receive support and guidance from a dedicated team of qualified assessors/tutors
- Study will enhance your personal and professional skills

What You Will Study

The student will learn through the support of relevant materials for the course, with a knowledgeable tutor providing advice and guidance on the course content.

Units:

- Exploring the 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
- Principles of food safety for the home environment

How You Will Be Assessed

The course is delivered via distance learning, supported by a range of interactive online resources. Work is assessed by the tutor throughout the course from induction to completion.

Entry Requirements

No specific entry requirements, however good written English is desirable.

START DATE

Available to enrol
from August 2026

LEVEL

Level 2

STUDY MODE

Part-time

DURATION

12 weeks

AWARDING BODY

TQUK

LOCATION

Online Learning



For further information
about this course, including
Entry Requirements,
Assessments and Further
Study, scan the QR code.

Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email courseinfo@heartofyorkshire.ac.uk.

To learn more about the Heart of Yorkshire Education Group, our facilities and how we can support you please visit our website www.heartofyorkshire.ac.uk.

Quick Links



How to
Apply



Student
Support



Virtual
Tours



Fee Information

Funding is available for this course subject to Post Code.

Further Study

You may wish to complete a further distance learning course.

