



NCFE LEVEL 2 CERTIFICATE IN UNDERSTANDING NUTRITION AND HEALTH



Aims and objectives of this qualification:

This qualification is designed for a wide range of learners and is ideal for those who are interested in improving their understanding of nutrition and diet, their role in improving and maintaining health and wellbeing, and how attitudes toward food can influence and impact on wellbeing.

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.
- Provide an understanding of food labelling and the ability to use information from food labels.
- Provide information on eating disorders.
- Increase understanding of the role of a healthy diet for weight management.

The objectives of this qualification are to:

- Give learners working, or intending to work, in settings such as Sport and Recreation, Exercise and Fitness, Hospitality and Catering or Healthcare an understanding of Nutrition and Health to support their role in the workplace.
- Enable learners to progress to other qualifications in this subject area, or within the wider area of healthcare, sport and leisure, or hospitality and catering.

There are five mandatory units covered on this course:

Unit 1: Explore the 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

Entry Requirements:

This qualification is open to candidates or customers who are 19+ and who are in receipt of one of the following benefits: **JSA, Universal Credit, ESA WRAG, Income Support.**

Candidates will also be required to undertake a Literacy Assessment in order to ascertain their competency (usually Level 1 Literacy) with regards to completing a portfolio of work successfully.

023 9387 9999
employability@hsrc.ac.uk
hsrc.ac.uk



Assessment:

The **NCFE Level 2 Certificate in Understanding Nutrition & Health** is internally assessed and externally quality assured.

Assessment is the process of measuring a learner's skill, knowledge and understanding against the standards set in the qualification.

Each learner must create a portfolio of work providing evidence generated from appropriate assessment tasks which demonstrates achievement of all the learning outcomes associated with each unit.

What could this qualification lead to?

This qualification can support progression to employment and progression within employment for the following job roles and workers:

Care Assistant or Worker	Personal Care Assistant
Support Worker (supported living)	Key Workers in Domiciliary Care Services
Home Care Support Worker	Healthcare Support Service Worker
Healthcare Assistant	Health Promotion/Education Worker
Sport and Exercise Nutritionist	Exercise/Fitness Instructor
Hospitality Services Assistant	Cook/Chef
Registered Nutritionist	Registered Dietician
School Cook	

Delivery:

Usually delivered as a classroom-based course, the Nutrition & Health Course is currently being offered to groups as an interactive online tutor-led programme. HSDC will resume classroom-based courses once it is safe to do so.

Further Information:

Employment Support
HSDC
employability@hfdc.ac.uk
www.hfdc.ac.uk/employment-support