

CACHE Level 2 Certificate in Understanding Nutrition and Health (OCF 15 Credits)

What are the specific details?

Duration	You have up to eight weeks to complete the course.
Venue	Run via distance learning and can therefore be fitted around work and personal life.
Cost	Free (fully government funded)*.

This qualification aims to increase understanding of healthy eating and the role of food in maintaining health. The course will look at the dietary requirements of specific groups of people e.g. diabetics etc.

Who is this course suitable for?

This course is suitable for anyone working with or around food and those working with individuals or groups of people that rely on knowledge of nutrition and its effects on health.

Do I need any experience?

There aren't any specific recommended prior learning requirements for this qualification. However this course is of specific interest to carers, catering staff, those working in the hospitality sector as well as parents.

How is the course delivered?

The programme is delivered online or through a workbook by a range of assessments. These are assessed by the tutor throughout the programme from induction to completion.

What will I gain from this course?

You will gain the CACHE Level 2 Certificate in Understanding Nutrition and Health (OCF 15 Credits).

What will I learn?

Learners are required to undertake the following units:

- 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
- Unit 6 Principles of food safety in a home environment

*Learners must be 19 years+ and have lived in the UK/EU for 3 years.

For further information, or enrolment, please contact Business Solutions on:

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