

# 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 2025

### 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](mailto: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](http://www.heartofyorkshire.ac.uk).

## Quick Links



How to  
Apply



Student  
Support



Virtual  
Tours



## Fee Information

This is a free course.

## Further Study

You may wish to complete a further distance learning course.

