

Certificate in Nutrition and Health

NCFE: Northern Council for Further Education

This course has been accredited by the Qualifications and Curriculum Authority (QCA) and is part of the National Qualifications Framework - a range of nationally recognised qualifications which enables recognition of achievement and facilitates career progression.

This flexible distance learning programme enables study to be planned around work and can be started at any time. Participants have 6 hours of direct tutor support. The course is designed for those who wish to develop their understanding of the principles of healthy eating and the role of food in maintaining health.

Course aims

- Provides candidates with an understanding of nutrition and health
- Plan and achieve a healthy diet
- Encourages development of a Food qualification

Course Content

- Principles of Nutrition and Health
- Consider nutritional needs of a variety of individuals
- Use food and nutritional information to plan a healthy diet

Duration: 12 - 16 weeks.

Delivery: The Certificate in Nutrition and Health can be started at any time. Please call for more details

see the difference