



**WESTMINSTER
ADULT
EDUCATION
SERVICE**

Level 2 Certificate in Understanding Nutrition and Health

Dates: 01/08/2025

Locations: Online

Please note: this course is currently unavailable until September 2025.

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; increase understanding of the principles of food safety in a home environment.

Entry Requirements

In order to undertake this course, you must have English at Level 1. You will need to know how to use an electrical device such as; a computer, laptop or tablet due to the delivery of the course being all online.

What topics does the course cover?

This qualification contains 6 mandatory units:

- Explore 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 will I be taught and assessed?

You will be provided with online learning materials which covers all aspects of your course. You will be required to complete assessments for each of the units within the course and submit these by the deadline dates provided at induction. You will be allocated an assessor at the start of your course and they will support you to ensure you have a successful outcome. IT skills will be developed throughout your course and basic English skills will be assessed and discussed on an ongoing basis.

Are there any other costs or equipment I need to get?

The course is free if you meet the eligibility criteria. You must be a UK resident or have lived in the UK for 3 years or more and be aged 19 or older on 31 August 2025. You will need internet access so that you can respond to email and a digital device that will enable you to type your answers into a web-based platform.

By the end of the course what should I be able to do?

On successful completion of this course, you will have understood:

- The principles of healthy eating and the role of food in maintaining health
- How to plan and achieve a healthy diet
- How an individual's dietary requirements change throughout their life
- Food labelling and the ability to use information from food labels
- Eating disorders
- The role of a healthy diet for weight management
- The principles of food safety in a home environment

What are the progression opportunities following this course?

If you are interested in progressing to further study at the next level of vocational learning, the following qualifications are available:

Level 3 Certificate in Preparing to Work in Adult Social Care

Level 3 Certificate for Working in the Health Sector

Level 2 qualifications in Hospitality and Catering

Level 2 and 3 qualifications in Exercise and Fitness