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Level 2 - NCFE Certificate in Nutrition and Health

Course description

The course aims to provide candidates with an understanding of nutrition and health. It helps the learner to increase confidence in planning and achieving a healthy diet. It provides employers with a structured training programme which will meet the training needs of their employees. It encourages career development.

Who is it for?

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.

It is ideal for employers in the healthcare sector to ensure their chefs and kitchen staff acquire the necessary information and knowledge to meet the nutritional requirements of their residents or clients.

Course contents

The course comprises of three units:

- Unit 01: Explore principles of nutrition and health
- Unit 02: Consider nutritional needs of a variety of individuals
- Unit 03: Use food and nutritional information to plan a healthy diet

Course delivery and assessment

Candidates will be provided with the course materials for the programme. The learning materials contain the knowledge needed to meet the assessment requirements of the course and activities to allow candidates to practise their skills and test their learning.

Candidates work through the learning materials and complete assessments for each unit. Learning activities and assessments are based on a combination of knowledge and skills learned on the programme and work-based activities and experience. Each candidate will have access to a tutor from MJ Associates – Training and Development, who will support them throughout the programme.

Progression opportunities

On completion of this programme, candidates could progress on to the NCFE Certificate in Practical Supervision of Food Safety in Catering. Food Hygiene qualifications would also be appropriate progression routes.