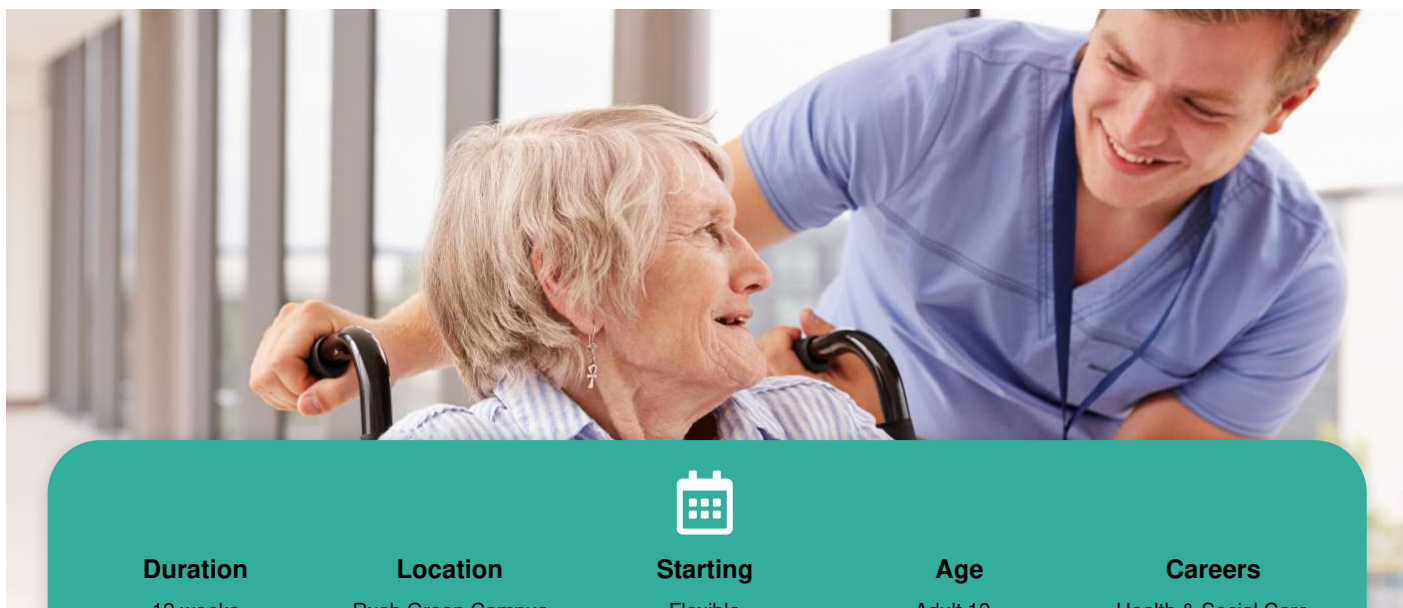


Level 2

# NCFE/CACHE Understanding Nutrition & Health

NCFE/CACHE Certificate



Duration	Location	Starting	Age	Careers
12 weeks	Rush Green Campus	Flexible	Adult 19+	Health & Social Care Sport

## Course fees per year

ADULT 19+

**£59**

The above fees include tuition and exam fees.  
Contact us to discuss what Financial support is available.

## Overview

Whether you work in the healthcare or fitness industry and want to enhance your knowledge, or just want to make some lifestyle changes yourself, this free online course is a great choice for you.

You'll learn about the role food and exercise play in maintaining health, and what the information on food labelling really means and how to use it correctly. It also covers the different diets that children and older people need to make sure they are fit and strong, as well as what can cause eating disorders and how to manage them.

This course is delivered entirely online and can be studied at a pace that suits you. You could complete in as little as 6 weeks dependent on the time you can commit.

## What you'll learn

On this course you'll gain insight into creating a diet and exercise plan that's tailored to individual's needs, and understand

how to manage food hygiene to achieve maximum results.

You'll also:

- Explore principles of healthy eating
- Consider nutritional needs of a variety of individuals
- Understand the principles of weight management
- Understand eating disorders

## Entry requirements

This Level 2 course is free if you:

- currently live in England
- are aged 19+
- have been a resident in the UK/EU for 3+ years
- are not be on an apprenticeship

## What this course leads to

On successful completion of this course, you'll have earned a NCFE CACHE Level 2 certificate which could also help you progress your career, or enter a new sector – whilst giving you the tools you need to maintain a healthy lifestyle.

We offer a range of online courses for adult learners. See the full [range of courses here](#).

Visit this course on our website: <https://barkingdagenhamcollege.ac.uk/find/courses/0000011318>

For further information please contact the college: <https://barkingdagenhamcollege.ac.uk/contact>