



Nutrition and Healthy Living

Course Guide

Thank you for your interest in the Nutrition and Healthy Living course with Amac. Within this course guide, you will find information on the different parts of the course. If you need further information then visit our website or ring 01227 831 840 or via email on info@amactraining.co.uk.

Pre requisites

Over 16

Objectives of Course

This award is for suitable for those who wish to gain knowledge in diet and nutrition for their own use, as well as learners who wish to enhance the role they already have in the fitness industry.

This is ideal for those who are interested in improving their understanding of nutrition and healthy eating. It will be particularly useful to those who work in an environment where an understanding of nutrition and health is relevant, such as food planning and preparation. This course supports current government initiatives around improving health and reducing obesity levels. You will develop your understanding of the principles of healthy eating and the role of food in maintaining health. The course will help you to make informed decisions about diets and maintain a healthy diet throughout life.

Format

This is an online course.

Qualification Units

- Diet and Nutrition for Healthy Living
- Food Groups and Digestion

Certification

Upon successfully completing the course with Amac, you will receive the following certification:

- Central YMCA Qualification Level 2 Award in Nutrition for Healthy Living



Unit 1: Food Groups and Digestion

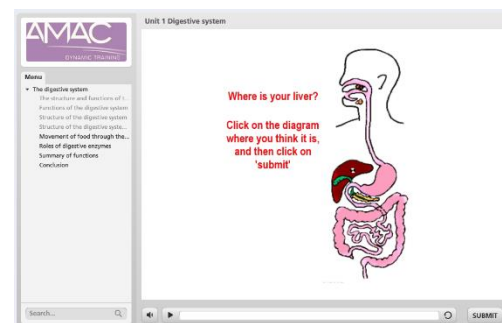
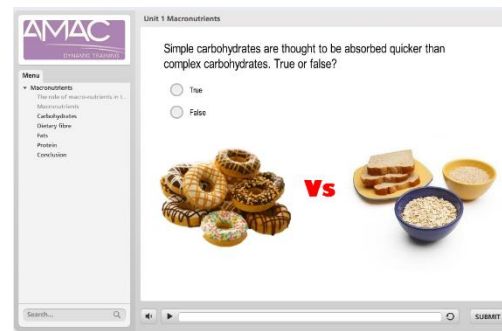
Course Information

Content

- Understand the structure and functions of the digestive system
- understand the role of macro nutrients in the diet
- understand the role of micro nutrients in the diet

Assessment element 1: worksheet

You are required to fully complete the 'Food groups and digestion' worksheet.



Unit 2: Diet and nutrition for healthy living

Course Information

Content

- understand the Glycaemic Index (GI)
- understand the role of cholesterol
- understand the guidelines for a healthy, balanced diet
- understand obesity and weight management

Assessment element 1: worksheet

You are required to prepare and deliver a presentation to demonstrate their understanding of the knowledge covered in this unit.

