

# Nutrition, Diet and Health: e-learning training course



This online e-learning course provides information that will benefit learners with little or no previous knowledge of Nutrition, Diet and Health. Learners will gain a good understanding of the importance of providing meals that fulfil the nutritional requirements of the human body in order for it to maintain health and wellbeing.

Learners will explore the basic components of nutrition and will understand the role energy, protein, vitamins and minerals play in the provision of a healthy well-balanced diet. The course explains what each nutritional component is and provides examples of the different types of foods they can be sourced from.

As learners progress through this course they will discover that there are fundamental differences in the nutritional requirements of male and female human beings and will understand how the nutritional requirements of the human body change as it progresses through the life cycle.

The course explains the importance of achieving 'Energy Balance' in order to maintain a healthy and active lifestyle and provides information on how to make healthy and informed choices when planning a diet. Learners will use an interactive Body Mass Index (BMI) chart as an aid to identifying obesity and will benefit from information and guidance on how to avoid and manage obesity and other health conditions associated with it.

Information, guidance and examples are provided for the provision of alternative sources of nutrients to people who follow a vegetarian or vegan diet. The course also includes information on catering for the dietary needs of people with food allergies and intolerances and explains the importance of food labelling as a tool for avoiding allergens and foods containing high levels of fat and sugar.

### **The study units are:**

1. An Introduction to Nutrition
2. The Basics of Nutrition
3. Nutritional Requirements Throughout Life
4. Managing and Avoiding Obesity and Disease
5. Nutrition and Special Diets
6. Preserving, Processing and Labelling Food.

### **Topics include:**

- The Eatwell Plate
- Eight Tips to Eating Well
- The Government's 5-a-day Campaign
- Sources of Energy
- Macronutrients and Micronutrients
- Nutrition During Pregnancy, Infancy, Childhood, Adolescence, Adulthood and Old Age
- Obesity and Associated Health Conditions
- Energy Balance and Weight Gain
- Body Mass Index (BMI)
- Methods for Losing Weight
- Nutrition for Vegetarians, Vegans and Ethnic Minority Groups
- Food Allergies and Intolerances
- The Effects of Processing Food
- Food Labelling Information.

**Learning Objectives:** at the end of the course, students will be able to:

- Understanding and use of the nutritional guidance provided by the ‘Eatwell Plate’
- Application of the ‘Five a Day’ policy
- Identification of the nutritional benefits of a variety of foods
- Macronutrients and Micronutrients and the benefits they provide
- The nutritional requirements of the human body at different stages in the lifecycle including preconception, pregnancy, childhood and adulthood
- Understanding of energy balance
- Use of the Body Mass Index (BMI) chart to identify weight problems and obesity
- The importance of diet and exercise when dealing with obesity and in reducing the risk of disease
- Catering for people with dietary requirements such as vegan and vegetarians, ethnic minority groups and food allergies and intolerances
- Understanding of preserving, processing and labelling foods.