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Explore the Principles of Healthy Eating

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Online CPD Distance Learning Course

Only £25



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More than half of the people in England are overweight or obese. This includes 61.9% of adults and 28% of children. This statistic could decrease significantly with an engaged understanding of the importance of healthy eating.

This short, auto-marked programme will give you the knowledge you need to understand those health issues and how to control and manage a healthy diet.

A great addition to your CV to show your commitment to health and fitness, this is also beneficial for general knowledge.

Completed online with auto-marked assessments, this programme can be completed in your own time.

- Place of study: **Learn from home**
- Type of course: **Online distance learning course with no exams**
- Course duration: **An average of 5 hours.**

Full customer service support will be provided throughout the course.

There are four parts to the course:

Diet and health

In this section, the learner will understand the meaning of the word diet, what a healthy diet is and how to have a balanced diet. This covers topics such as energy and its sources, lifestyle diseases and obesity and salts.

Components of a healthy diet

Learners will be able to identify different food groups, understand a balanced diet and know how to keep the body healthy.

Nutrients and their role in maintaining health

Learners will identify the importance of nutrients, fluids and fibre and understand their role in maintaining good health.

Healthy food preparation

In this section, learners will cover the key elements of food preparation and understand about planning a healthy meal.

Food safety awareness

This section will introduce the learner to food safety and will help them understand about personal hygiene, cleaning and contamination.

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