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Explore the Principles of Healthy Eating

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[https://www.theskillsnetwork.com/
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training](https://www.theskillsnetwork.com/education-sector/courses/principles-of-healthy-eating-training)

Online CPD Distance Learning Course



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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 4 hours.**

Full customer service support will be provided throughout the course.

Section 1: Diet and health

In this section, your learners 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.

Section 2: Components of a healthy diet

Within this section, your learners will be able to identify different food groups and understand a balanced diet and how to keep the body healthy.

Section 3: Nutrients and their role in maintaining health

This section covers the importance of nutrients, fluids and fibre and your learners will understand their role in maintaining good health.

Section 4: Healthy food preparation

This section covers the key elements of food preparation and planning a healthy meal.

Section 5: Food safety awareness

In this section your learners will be introduced to food safety, personal hygiene, cleaning and contamination.

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