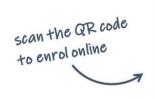
ATC TRAINING





UNDERSTANDING NUTRITION AND HEALTH



Aged 19+ at the beginning of the academic year



Lived in the EU for 3 years



The number of obese people in the UK has more than trebled in the last 25 years, reaching what many doctors believe to be 'epidemic' proportions. Insufficient nutrition can lead to a variety of health-threatening conditions; understanding the benefits of a balanced diet and the role of nutrition in the prevention and treatment of disease is fundamental.

Benefits

Achieve a nationally recognised Level 2 qualification

Evidence your competency to employers

Further your personal and professional development

Learn at a time that suits you without the need to attend college

Increase your understanding of food safety for the home environment

What you will learn

Explore Principles of Healthy Eating

Consider Nutritional Needs of a Variety of Individuals

Use Food and Nutrition Information to Plan a Healthy Diet

The Principles of Weight Management

Understanding Eating Disorders