

## SEG Awards Level 2 Certificate in Understanding Nutrition and Health – 610/6215/7

### Overview

The SEG Awards Level 2 Certificate in Understanding Nutrition and Health has been designed to allow learners to obtain and then demonstrate knowledge about nutrition and health. It is appropriate for learners of all ages, whether employed or not, and applies to all sectors but particularly health and social care, hospitality and catering or sport and fitness.

The primary purpose of the qualification is to prepare for further learning or training by developing knowledge in a subject area.

### Who is this qualification for?

This qualification is appropriate for use in the following age ranges:

- > Pre-16
- > 16-18
- > 19+

Skills and Education Group Awards expects approved centres to recruit with integrity on the basis of a learner's ability to contribute to and successfully complete all the requirements of a unit(s) or the full qualification.

### What does the qualification cover?

The SEG Awards Level 2 Certificate in Understanding Nutrition and Health will provide learners with the knowledge and understanding required to support a balanced, healthy diet while exploring the nutritional requirements of individuals. Learners will also look into weight management and eating disorders.

The qualification covers:

- > **Explore Principles of Healthy Eating** – This unit provides the learner with the knowledge of preparing food for a balanced diet and understanding how our diet is linked to our health

- **Consider Nutritional Needs of a Variety of Individuals** – This unit provides the learner with the knowledge of the nutritional needs for individuals and the barriers to healthy eating
- **Use Food and Nutrition Information to Plan a Healthy Diet** – This unit provides the learner with the knowledge to understand food labelling and food additives
- **The Principles of Weight Management** - This unit provides the learner with knowledge of the risks associated with ineffective weight management and understand the effective methods of weight management to be able to plan a weight management programme
- **Understanding Eating Disorders** - This unit provides the learner with the knowledge to understand the causes and effects of eating disorders
- **Principles of Food Safety for the Home Environment** - This unit provides the learner with the knowledge of preparing, cooking and storing food correctly

## Assessment

Internal assessment, internal and external moderation. Specific requirements and restrictions may apply to individual units within qualifications. Please check unit and qualification details for specific information.

Centres must take all reasonable steps to avoid any part of the assessment of a learner (including any internal quality assurance and invigilation) being undertaken by any person who has a personal interest in the result of the assessment.

## What could this qualification lead to?

Learners may wish to broaden their knowledge by undertaking level 2 qualifications or progressing on to level 3 qualifications within their chosen sector.

This qualification will allow for a number of progression routes to employment and into other areas of learning.

Centres should be aware that Reasonable Adjustments, which may be permitted for assessment, may in some instances limit a learner's progression into the sector. Centres must, therefore, inform learners of any limits their learning difficulty may impose on future progression.

## Further Information

Further information on the qualification can be found on the Skills and Education Group Awards website.