



## Online Health & Nutrition Courses



Which Health & Nutrition course is right for you?

If you are confused about the levels of Health & Nutrition courses or unsure which course is right for you, please call us on 01482 852292, email [info@unityincommunity.org](mailto:info@unityincommunity.org) or send us a message via social media.

### **Nutrition and Healthy Eating**

Duration: 3-4 hours

This online nutrition training course follows the Level 2 Healthier Food and Special Diets syllabus and gives people who work with food, and those who are interested in improving their diet, the information they need to offer healthier food choices to their clients and themselves.

### **Diabetes Awareness**

Duration: 3 hours

This course teaches learners about the types of diabetes and how to manage them in daily life. It explains possible complications and how to minimise the risk of them.

### **Nutrition for Children**

Duration: 2 hours

This Nutrition for Children course aims to help parents and carers understand how to provide a nutritionally-rich diet for the children that they care for. The course covers the key food groups that toddlers, children and teenagers need, and helps learners recognise the importance of a varied diet.

### **Sports Nutrition Training**

Duration: 1-2 hours

This Sports Nutrition course is designed to help those who take part in regular exercise, sport or training sessions understand what makes a healthy and well-balanced diet. The course explains the nutritional knowledge needed in order to create a diet that will be beneficial towards fitness and performance.

### **Nutrition for the Elderly**

Duration: 1-2 hours

This Nutrition for the Elderly course is designed to help those who care for older people understand the nutritional requirements of people in later life. The course explains how to promote a healthy diet and prevent malnutrition amongst older people so that they can remain active and healthy.

### **Nutrition for Weight Loss**

Duration: 1-2 hours

This Nutrition for Weight Loss course is designed to help people who are overweight or obese understand the components of a healthy diet and active lifestyle. The course looks at the different weight loss diets available and outlines the best techniques for achieving weight loss safely and effectively.

### **Nutrition for Pregnancy and Babies**

Duration: 1-2 hours

This Nutrition for Pregnancy and Babies course is designed to help prospective parents and care workers understand the importance of good nutrition before, during and after pregnancy, for both parents and the infant.



**For more information on our  
Health & Nutrition courses  
please call us on 01482 852292,  
email [info@unityincommunity.org](mailto:info@unityincommunity.org)  
or search for Unity in Community on social media.**



If you are currently unemployed or facing redundancy, applying our Flying Start programme is the next step to help you find the job you want.

To be eligible, you must be a resident of Hull living in HU1-HU9 postcode areas.