

# embrace-e-learning

This e-learning course has been developed for learners with little or no previous knowledge of Nutrition, Diet and Health. Learners will gain a good understanding of the importance of providing meals that fulfil the nutritional requirements of the human body in order for it to maintain health and wellbeing.

The course explains the difference in the nutritional requirements of male and female human beings, and how those requirements change throughout the life cycle. Learners will learn about the basic components of nutrition and the role that energy, protein, vitamins and minerals play in the provision of a healthy well-balanced diet.

The course contains an interactive Body Mass Index (BMI) chart, information on how to make healthy and informed choices when planning a diet and how to avoid and manage obesity. There is also information and guidance for catering for others who have special dietary needs such as vegans and people with food intolerances.

The course is divided into six study units which cover the following topics:

- Introduction to Nutrition
- Nutrition Basics
- Nutritional Requirements Throughout Life
- Managing and Avoiding Obesity and Disease
- Nutrition and Special Diets
- Preserving, Processing and Labelling Food

The online materials include quizzes and activities to help reinforce learning as students work through the course.

The learning objectives include:

- Understanding and use of the nutritional guidance provided by the Eatwell Plate
- Application of the Five a Day policy
- Identification of the nutritional benefits of a variety of foods
- Macronutrients and Micronutrients and the benefits they provide
- The nutritional requirements of the human body at different stages in the lifecycle including pre-conception, pregnancy, childhood and adulthood
- Understanding of energy balance
- Use of the Body Mass Index (BMI) chart to identify weight problems and obesity
- The importance of diet and exercise when dealing with obesity and in reducing the risk of disease
- Catering for people with dietary requirements such as vegan and vegetarians, ethnic minority groups and food allergies and intolerances
- Understanding of preserving, processing and labelling foods



## Nutrition, Diet and Health