

# embrace-learning

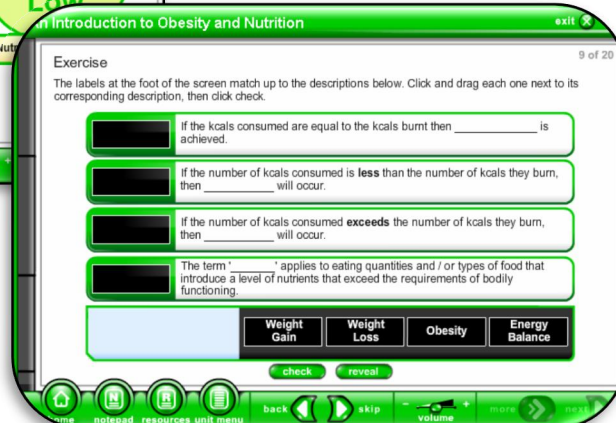
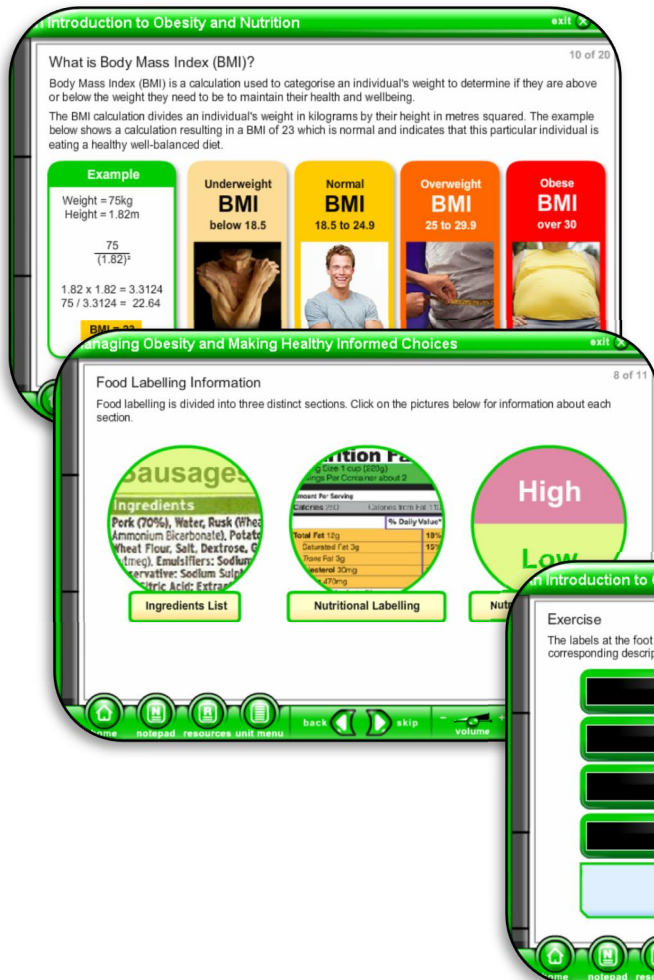
This e-learning course, *Obesity & Nutrition – the Fundamentals*, is broken down into three easy-to-follow units - an introduction and two study units. It has been developed for those learners seeking basic information and guidance on the causes and effects of obesity. It provides information that is useful to people who want to lose weight and for those who are actively involved in helping others manage obesity in a professional role or at home in a domestic setting.

The objectives for the study units are that learners will be able to:

- explain what nutrients are and the role they play in our diet
- understand the principles of energy balance
- use the Body Mass Index chart to identify weight problems and obesity
- use the guidance provided by the Eatwell Plate to plan a well-balanced diet
- apply the Eight Tips to Eating Well when planning a well-balanced diet



- understand the consequences of obesity and associated health conditions
- understand the nutritional needs of an adult human being
- appreciate the benefits of regular exercise for managing obesity
- explain other methods for managing obesity
- appreciate the importance of food labelling for making healthy and informed choices



# Obesity & Nutrition - the Fundamentals