

Let's get Healthy

Centre: Skills Team

Contact Details: Thalia Sparke – Curriculum Leader
thalia.sparke@cumbria.gov.uk tel. 01900 706104

What is this course about?

This course is designed to help learners understand why diet is important to good health. You will learn about why a balanced diet is required to maximise performance and understand the principles of weight control and healthy eating.

Is this course for me?

This course is for you if need help in planning a healthy diet to improve your lifestyle. To get the best from this course you should be able to:

- follow verbal and written instructions

What should I be able to do by the end of this course?

- Understand the relationship between food and health
- Identify why a balanced diet is required to maximise performance
- List different sorts of diets
- State ways of promoting healthy eating

How will I learn?

You will learn through a variety of ways:

- Explanation and demonstration by the tutor
- Handouts
- Discussion

How will I know how well I am doing?

Progress will be recorded using an Individual Learning Plan. This is a combination of group and individual goals and will enable your tutor to check your progress and provide feedback.

What can I do after this course?

- Health & Fitness - Entry level
- Employment Skills – Entry Level
- Health & Fitness - Level 1
- Literacy or Numeracy Qualification

For general information about other courses contact us on 01900 706114 or visit the website – www.cumbriaadulteducation.org