# Human Nutrition I 100 Hours Certificate Course

**Ex Tax: £340.00**

## Technical data

<table>
<thead>
<tr>
<th>Details</th>
<th>Information</th>
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<tbody>
<tr>
<td>Full time classroom based</td>
<td>Further Education Courses - Approx. £5,000 per year - Part-time classroom</td>
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<tr>
<td></td>
<td>based Adult Education Courses - Approx. £7.00 per hour - N.B. classroom</td>
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<td></td>
<td>tuition means you learn at the pace of the class. One-to-one private</td>
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<td>tuition - from £15.00 per hour - ADL one-to-one tuition fees - From £340</td>
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<td></td>
<td>per 100 Hour Course = Average of £3.40 per hour - N.B. one-to-one tuition</td>
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<td>is tailored to your own individual learning availability and pace.</td>
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<tr>
<td>Course Start:</td>
<td>Begin your learning at any time.</td>
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<tr>
<td>Course Prerequisite:</td>
<td>None - Our course levels are an indication of the depth of learning you</td>
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<tr>
<td></td>
<td>should receive. They do not describe the level of difficulty.</td>
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<tr>
<td>Course Qualification (Study Option A):</td>
<td>Endorsed Qualification from TQUK - Training Qualifications UK, an Ofqual</td>
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<td></td>
<td>Approved Awarding Organisation - Completed written assignments and final</td>
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<td>evaluation per course/module to be taken.</td>
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<tr>
<td>Course Qualification (Study Option B):</td>
<td>Certificate of Attainment from ADL - Completed written assignments only -</td>
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<td>no final evaluation.</td>
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<tr>
<td>Comparative Credits Information:</td>
<td>UK Course Credits: 10 - U.S. Credit Hours: 3 - when compared to regulated</td>
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<td>courses.</td>
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<tr>
<td>Course Duration and Deadlines:</td>
<td>Course hours given are a guide only. You will be encouraged to work at</td>
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<td>your own pace to learn as much as you can, with no assignment deadlines or</td>
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<td></td>
<td>end date by which you must complete your course by. You are in control!</td>
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Study Support:

Personal tutor/mentor support from industry relevant professionals throughout your whole course. Mentors are contactable by e-mail, telephone and through the Moodle online classroom. They provide assistance with your course material, plus discuss, explain and give advice when needed. They will also mark and grade your assignments, plus provide constructive and helpful feedback vital to your success.

Our courses are ideal for sole traders and small business owners and their staff. Customer confidence in what you can do will determine how successful you are in getting clients. Doing the job right using the correct knowledge and skills, leads to repeat business and referrals to friends, family and work colleagues. Completing one or more of our courses for the service you have to offer, will give you the tools to achieve this and grow your business.

We aim to achieve the correct balance between your qualification being recognised and providing you with the in-depth learning, to empower you to succeed. If you can demonstrate that you have the level of knowledge and transferable skills necessary to an employer, you should stand out from someone who has only received a superficial understanding of what’s required - Select study option A when enrolling, so an employer can check the status of the awarding organisation for your qualification on the Ofqual Register.
Recognition of Your Course By Universities:

As you will see on our Testimonials page, previous students have used their qualification from us to get into university. However each one will have its own entrance criteria and acceptance may also depend on your other qualifications and experience. We can approach up to three universities on your behalf with details of our course before you enrol, so you will know whether it will be accepted as part of their application process. Please complete our contact form and we will begin the process.

Bundle up your choice of related courses to form your own qualification. Our Advanced Certificates (4 courses), Diplomas (6 courses), Advanced Diplomas (8 courses) and Higher Advanced Diplomas (12 courses), are used to differentiate between the in-depth knowledge and skills you will acquire in your chosen area of study. e.g. Advanced Certificate in Turf Care Management, which includes individual courses: Turf Care, Sports Turf Care, Turf Repair and Renovation and Turf Grasses.

How Can I Enrol?:

- Online by selecting your study option, learning materials, plus payment option and then clicking the Enrol Now button
- By contacting us for an application form
- By telephoning us on 01227 789 649 (International: 0044 1227 789 649). Lines open 9am till 5pm Monday to Friday, excluding Bank Holidays and between Christmas and New Year.
How Can I Get a Pro-forma Invoice for my Employer?

Contact us with details and we will email your employer an invoice. We will need: employer’s name, address, telephone number, email address and contact name. We will also require your name, telephone number, email address, date of birth and the course and code you wish to enrol for.

Accredited by the CMA - The Complimentary Medical Association. On completion of any qualifying module, you can join as a Fully Qualified Practitioner and be entitled to use the post-nominal latters MCMA after your name. CMA Full Membership is a privileged position and the fact that you have been accepted for CMA Membership demonstrates that you have a clear commitment to standards and professionalism. CMA Members in all categories are recognised as the elite in their field.

Human Nutrition I course online. Home Study. Learn the basics of nutrition! This distance learning course provides an understanding of the sources, actions, and interactions of nutrients from the food that we consume. Looking at the balance of the nutrients in foods and what makes up a balanced diet. Excellent for anyone interested in nutrition and health for themselves or to help or counsel others.
This course has been accredited by the CMA - The Complimentary Medical Association. On completion of any qualifying module, you can join as a "Fully Qualified Practitioner" and be entitled to use the post-nominal latters "MCMA" after your name. CMA Full Membership is a privileged position and the fact that you have been accepted for CMA Membership demonstrates that you have a clear commitment to standards and professionalism. CMA Members in all categories are recognised as the elite in their field.

This course has been endorsed by TQUK. Endorsement of our courses by TQUK sets them apart from other vocational learning programmes and is an achievement to be proud of. It further demonstrates that we are an efficient academy with excellent courses and tutorial support. It also means that potential and existing students, employers and universities can be sure of the true value of the learning we provide.
Learning Goals: Human Nutrition I BRE102

- Explain the role of different food types in human health.
- Explain the physiology of digestive processes.
- Recommend appropriate intake of vitamins.
- Recommend appropriate intake of minerals.
- Recommend appropriate food intake to meet an individual's energy needs.
- Recommend appropriate carbohydrate intake.
- Recommend appropriate fat intake.
- Recommend appropriate protein intake.
- Recommend appropriate water intake in different situations.
- Recognise signs and symptoms of the major nutrient disorders.

Lesson Structure: Human Nutrition I BRE102

There are 9 lessons:

1. Introduction to Nutrition
   - Important factors in nutrition
   - Ingredients and cooking methods
   - Understanding eating
   - Major food groups
   - Food allergies and Intolerance introduction
2. The Digestive System
   - The Alimentary Canal- Muscular Structures
   - Accessory Digestive Organs
   - Digestive Tract Linings
3. Absorption and Enzymes
   - Physical and Mechanical breakdown
   - Understanding biochemical breakdown
4. **Energy Value of Foods**
   - The science of nutrition
   - Diet
   - Energy Value in Foods
   - Nutrients
   - Energy Production
   - Basal Metabolic Rate

5. **Carbohydrates and Fats**
   - Types of Carbohydrates - Monosaccharides, Oligosaccharides and Polysaccharides
   - Carbohydrates in the diet
   - Carbohydrates in the body
   - Alcohol
   - Fats and fat biochemistry
   - Fats in the diet
   - Fats in the body

6. **Proteins**
   - Uses in the body
   - Recommended protein intakes
   - Grains
   - Vegetables
   - Nuts and Seeds
   - Beef, Poultry and Fish (meat struture)
   - Meat Quality
   - Eggs and Dairy
   - Proteins in the diet
   - Proteins in the body

7. **Vitamins and Minerals**
   - The Recommended Daily Allowance
   - The Dietary Reference Intake
   - Summary of Vitamins
- Fat soluble vitamins
- Water soluble vitamins
- Common minerals
- Inorganic elements
- The Calcium Debate

8. **Water**
   - Water in the body (function)
   - Water retention
   - Water loss and chronic dehydration

9. **Nutrient Disorders**
   - Selected digestive system disorders
   - Vomiting
   - Peptic ulcer
   - Jaundice
   - Lactose intolerance
   - Haemorrhoids
   - Cirrhosis
   - Allergies
   - Cholesterol, heart disease and atherosclerosis
   - Bowel Cancer
   - Problems with nutrition

**Practicals:**

- Distinguish between nutrition terms including: food, nutrition and diet.
- Distinguish between characteristics of all major food groups, including chemistry and foods which are a good source.
- Explain the significance of each of the major food groups, including:
  - Carbohydrates
  - Proteins
  - Fats
  - Minerals
  - Vitamins
- Label on unlabelled illustrations, parts of the digestive system, including:
- Oesophagus
- Liver
- Stomach
- Gall bladder
- Pancreas
- Duodenum
- Ascending colon
- Caecum
- Appendix
- Transverse colon
- Descending colon
- Ileum
- Sigmoid colon
- Rectum

- Explain the function of different parts of the digestive system, including:
  - Salivary Glands
  - Liver
  - Stomach
  - Gall bladder
  - Pancreas
  - Duodenum
  - Colon
  - Ileum
  - Rectum

- Distinguish between digestion and absorption of food.
- Explain the different layers of the digestive tract, including:
  - Mucosa
  - Submucosa
  - Muscularis
  - Serosa

- Explain different physiological processes involved in absorption
- Explain how different hormones control the digestive process, including:
  - Gastrin
  - Gastric Inhibitory Peptide
  - Secretin Cholecystokinin

- Explain the action of different digestive enzymes.
- Convert calories to joules.
• Explain the meaning of basal metabolic rate (BMR).
• Describe how the intake of different types of food may affect metabolic rate.
• Explain how different factors other than food intake can affect digestion, including stress and disease.
• Compare energy values of different foods, on a given food chart.
• Explain possible implications of mismatching food intake to individual's energy needs, through over or under intake of energy requirements.
• List foods which are common sources of carbohydrate.
• List common foods in your own diet which are poor sources of carbohydrate.
• Distinguish between monosaccharides and disaccharides in your own normal diet.
• Explain relative values of alternative sources of carbohydrates.
• Explain factors which affect the bodies demand for carbohydrate.
• Develop guidelines to determining appropriate carbohydrate intake, in accordance with an individual's specific requirements.
• List foods which are a common source of fats.
• Distinguish between saturated and unsaturated fats in the diet of a specific person.
• Explain the relative value of alternative sources of fats.
• Explain factors which affect the bodies demand for fat.
• Explain the role of fat in the body, including an explanation of different physiological processes involving fat.
• Develop a set of guidelines to determining appropriate fat intake, in accordance with an individual's specific requirements.
• List foods which are a good source of protein.
• Explain the role of protein in the body, including examples of different physiological processes involving protein.
• Explain relative values of different sources of protein.
• Explain factors which affect the bodies demand for protein.
• Develop guidelines to determining appropriate fat intake, in accordance with an individual's specific requirements.
• List different sources for each of several different minerals considered essential to human health.
• Explain the role of different minerals in the body.
• Consider the relative values of different sources of minerals in your own diet, to determine minerals which may be supplied in inappropriate quantities.
• Describe symptoms of different nutrient disorders including deficiencies and toxicities.
• Explain the use of different mineral supplements in a specified human diet.
• Distinguish between sources of different types of vitamins which are important to human health, including:
- Retinol
- Vitamin D
- Vitamin E
- Vitamin K
- Ascorbic acid
- Thiamine
- Riboflavin
- Nicotinamide
- Pyridoxine
- Pantothenic acid
- Biotin
- Cyanocobalamin
- Folacin

- Explain the role of different vitamins in the body.
- Explain the relative values of different sources of each of five vitamins.
- Explain proliferation of vitamin supplement usage in modern society.
- Describe symptoms of five different vitamin disorders including deficiencies and toxicities.
- Explain the role of water in the body, for different physiological processes.
- List factors which affect the body's requirement for water.
- Compare different methods of purifying water, including different commercially available water purifiers.
- Explain the physiology of dehydration, at different levels.
- Discuss the affect of different water impurities on human health.
- Distinguish between the signs and symptoms of forty common problems associated with nutritional disorders, including:
  - deficiencies
  - sensitivities
  - diseases

- Describe different techniques used by health practitioners for determining food/nutrition disorders.
- Explain the importance of obtaining a recommendation from a medical practitioner, when a nutritional disorder is suspected.
- Explain the significance of "second opinion", when diagnosing nutrient disorders.
Your learning experience with ADL will not only depend on the quality of the course, but also the quality of the person teaching it. This course is taught by Juliette Harris. Your course fee includes unlimited tutorial support throughout from Juliette. Here are her credentials:

**Juliette Harris - Nutritional**

*BSc Hons Biology (University of Sussex)*

Juliette has over 10 years experience in teaching and private tutoring. As an undergraduate, she contributed to published research on the behaviour of an endangered bat species, though her main areas of interest and specialisation are genetics and cellular biology. After 7 months in the rainforests & reefs of Central America, Juliette began her teaching career at prestigious private school, Brighton College. She soon returned to Central America, heading up a field-trip for A-level students. She has been private tutor & exam coach to a range of students with very diverse backgrounds, aptitudes and expectations. More recently, Juliette has enjoyed working with adults with learning difficulties and enormous barriers to education. Juliette currently splits her time between England and Bulgaria, where she works as a teacher and missionary.

**Human Nutrition Ebook**

Discover a better understanding of food and nutrition, what to eat and what to avoid. Human Nutrition is an ideal introductory text for students and anyone else interested in learning how diet and harm or help human health.

*Human Nutrition*

*by the Staff of ACS Distance Learning*

**Human Nutrition eBook course online.** It's surprising how little most people know about the human body and how it works. If we all spent just a small amount of time educating ourselves, we would save years in terms of health problems and hundreds of pounds otherwise spent on health care.
Throughout history there has been a vast array of nutritional claims and dietary advice. For example, there is evidence of dietary regimes involving fasting as far back as in Ancient Greece and many examples since of diet being used either to restrict intake to lose weight or to act as a cure for a medical complaint. This book will give you the background necessary to understand these theories and make better choices for yourself.

**Book Contents**

**Chapter 1 The Digestive System -Everyone is different**

- Nutrition and nutrients
- Digestion
- General health recommendations
- Examples of serving size

**Chapter 2. Modifying Diet for a Particular Lifestyle or Genetic Disposition**

- Lifestyle
- Cultural differences
- Genetic considerations

**Chapter 3. Foods and Nutrition**

- Why do we need to know the nutritional content in foods?
- Nutrients provided by the five food groups

**Chapter 4. Nutrition and Health Disorders**

- How diet may affect skin
- Diet and our bones, joints and muscles
- Nutrition and the heart
- Diet and the respiratory system
- Diet and the urinary system
- Diet and the digestive system
- Diet and the brain/mental health

**Chapter 5. How to Find Reliable information on Nutrition**
Nutritional research
Sources of nutritional information
Conditions requiring dietary advice
Weight loss diets.

https://adlonlinecourses.com/human-nutrition-i-bre102-cld