

Course details

Course title

Personal Development: Healthy Eating

Course code

Q00017484

Course date

Start: 03/09/24

End: 17/12/24

Fee range

Free to £31.50

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Tricuro -Parkstone Connect Day Centre (P

Croft Road

Poole

BH12 3LD

Level of study

Beginners

Course overview

Improve your nutrition and overall well-being with our Healthy Eating course. Learn about balanced diets, meal planning, and making healthy food choices. Ideal for individuals seeking to

enhance their health through better eating habits.

Course description

Personal Development: Healthy Eating is designed to help individuals improve their nutrition and overall well-being through better eating habits. This course covers essential aspects of healthy eating, including understanding food groups, balanced diets, and nutritional needs. Participants will learn how to plan and prepare nutritious meals, make informed food choices, and develop sustainable eating habits. The course includes practical tips for reading food labels, managing portion sizes, and incorporating a variety of foods into the diet. Students will also explore the connection between diet and health, understanding how good nutrition can prevent and manage various health conditions. Through interactive discussions and practical activities, participants will gain the knowledge and skills needed to improve their diet and enhance their overall health. By the end of the course, students will have a comprehensive understanding of healthy eating principles and be equipped to make positive changes to their eating habits. This course is ideal for anyone looking to improve their nutrition and achieve better health through informed food choices.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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