

CYQ level 2 award in **nutrition for a healthy lifestyle**

The CYQ logo consists of the letters 'CYQ' in a white, rounded, sans-serif font, set against a solid green square background.

Dates Available: 5th & 6th August (Assessment Day 3rd Sept)
28th & 29th October (Assessment Day 30th Nov)

Venue: York, YO24 4DD

Who is it for? The CYQ level 2 award in nutrition for a healthy lifestyle is suitable for learners of all ages, who wish to gain knowledge of a balanced nutritional diet.

What will I learn? The course covers nutrients, energy systems, measuring and eating for energy and the physiology and psychology of dieting. It also covers the principles of healthy eating and weight management in relation to exercise, sports, health and well-being.

Prices from: £400+ VAT



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