

What will I achieve?**By the end of the course I will be able to:**

1. Discuss the main nutrients and food groups, how much do I need in my daily diet, the results of not consuming enough and of consuming too much. Appreciate why it is difficult to make conclusive scientific statements about many topical nutrition and health areas.
2. Demonstrate an understanding of the concepts of dietary energy, energy balance and the short and long-term effects of consuming too little and too much energy. The history and geography of the 'obesity epidemic' and how science, health authorities, food companies and the media have responded to the epidemic.
3. Demonstrate an understanding of the basis of nutrient requirements and dietary guidelines; how they are devised and why sometimes they are controversial and need to be changed and updated. Describe the major nutrient shortfalls around the world and the consequences for health and human development.
4. Critically evaluate the ways in which foods, drinks and supplements are marketed on the basis of health and functional claims. Give concrete examples of both good and bad labelling and marketing of foods in relation to health and functional claims.
5. Critically evaluate the ways in which nutrition and health issues and news stories are reported in the media and by nutrition pundits and 'gurus'.

What teaching methods will be used and will there be work outside of the class?

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning

What kind of feedback can I expect from the tutor?

- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will have opportunities to discuss your progress with your tutor

What else do I need to know? Is there anything I need to bring?

- Nothing else is needed
- It would be helpful if you had access to the internet (Mobile phone, tablet or computer at home or through a library etc.)

Pre-course work, reading and information sources

- No pre reading or pre course work is required

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course
- Progress to a course with another provider

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course.

It is helpful, although not essential if you have access to a computer or smartphone to support your course.

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB
Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk



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