



Statement of participation

Austin Whittall

has passed the free course including all mandatory tests for:

The science of nutrition and healthy eating

This free 24-hour course explored the science behind nutrition and the concept of healthy eating.

Issue date: 7 September 2018



www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification. This statement confirms that this free course and all mandatory tests were passed by the learner. Please go to the course on OpenLearn for full details:
<http://www.open.edu/openlearn/health-sports-psychology/health/the-science-nutrition-and-healthy-eating/content-section-overview>

COURSE CODE: SNHE_1



The science of nutrition and healthy eating

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Course summary

This free course, The science of nutrition and healthy eating, looks at the science behind nutrition, covering aspects of biology, chemistry and physics as well as giving some insight into healthier eating. Reading food labels, choosing healthier foods, hydrating appropriately and understanding how we taste food will allow you to be more informed about the choices you make about the food you eat.

Learning outcomes

By completing this course, the learner should be able to:

- demonstrate and understand how food is processed and then used in the body
- apply knowledge to understand healthy eating advice and identify how it varies in different countries
- make sense of food labels and perform basic calculations of energy in food
- describe and know about food allergies and intolerances
- describe and understand possible reasons for the current obesity epidemic.

Completed study

The learner has completed the following:

Week 1

Introduction and guidance

The basics of food

Week 2

What happens to the food we eat?

Week 3

The importance of hydration

Week 4

What do food labels tell us?

Compulsory badge quiz (score 98%)

Week 5

Energy from food and sweeteners

Week 6

What do people eat?

Week 7

Food allergy or food intolerance?

Week 8

Taste and psychology

Compulsory badge quiz (score 87%)