

## Statement of participation

# Kostas Rammos

has passed the free course including all mandatory tests for:

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### The science of nutrition and healthy eating

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

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**Issue date:** 22 August 2023



[www.open.edu/openlearn](https://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:

<https://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

<https://www.open.edu/openlearn/health-sports-psychology/health/the-science-nutrition-and-healthy-eating/content-section-overview>

### 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. This statement serves as proof of the successful completion of a course accredited by the CPD Standards Office. You have earned 24 CPD points through your participation in this course.

### 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 77%)

#### 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 75%)