



# YMCA Awards

Level 3 Nutrition to support  
physical activity

2018

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## **The principles of nutrition**

## Learning outcomes

By the end of this session you will be able to:

- Summarise the structure and function of the digestive system
- Explain the meaning of key nutritional terms, including diet, healthy eating, nutrition, balanced diet
- Explain the function of macro-nutrients and micro-nutrients
- Identify food sources for each of the key nutrients
- Identify the calorific value of nutrients

## Learning outcomes

By the end of this session you will be able to:

- Explain the common terminology used in nutrition including, UK dietary reference values (DRV), recommended daily allowance (RDA), recommended daily intake (RDI), glycaemic index
- Interpret food labelling information
- Explain the significance of healthy food preparation
- Explain professional role boundaries with regard to offering nutritional advice to clients

