



Your Guide to the RSPH Level 4 Award in Nutrition

Who is this Course For?



Health & Wellbeing Professionals

Ideal for those in health, fitness, or nutrition roles who want to deepen their expertise.



Catering & Food Service Staff

Chefs, menu planners, or food service professionals who need to plan healthy meals.



Wellness Practitioners & Educators

Community health workers or wellness coaches promoting healthy eating habits.



Career Changers & Enthusiasts

Anyone passionate about nutrition looking to gain a credible qualification (no prior nutrition qualifications required).

Course Overview

This Level 4 Nutrition course provides **comprehensive, science-backed training** in human nutrition. You'll learn about essential nutrients, healthy diet planning, and how food choices impact health and wellbeing. Topics covered include:

- The role of macronutrients and micronutrients.
- The relationship between diet and disease.
- Understanding food labels and current dietary guidelines.
- Creating meal plans tailored to various populations.

RSPH Accreditation: This qualification is accredited by the Royal Society for Public Health, ensuring high-quality education and industry recognition.

Key Features

No Prior Qualifications Required

Open to all learners, regardless of previous nutrition education.

Level 4 Qualification (Above A-Level)

Provides an advanced credential, comparable to first-year university study.

Case Studies & Real-World Applications

Learn through practical case studies and real-life scenarios.

Study at Your Own Pace

Flexible online learning to fit around your schedule.

100% Assignment-Based (No Exams)

Demonstrate your knowledge through coursework and case study projects.

Assessment & Study Format

This course is delivered in a **self-paced online format**, allowing you to study at a time that suits you. Key details include:

- **All learning materials provided** – Access study guides, readings, and online resources from day one.
- **Tutor Support Available** – Get expert guidance via email or phone throughout your studies.
- **Assessment through Assignments** – No exams; instead, complete structured coursework and case studies.

Next Steps



How to Enroll

Ready to take the next step? Visit our learning platform and complete the online registration form. Enrollment is open year-round!

<https://courses.carein.training/>



Get in Touch

Have questions or need more details? Contact us at: nutrition4@carein.training



Enroll Today – Start Your Nutrition Journey!

Take the next step in becoming a qualified nutrition professional. Join a community of learners dedicated to evidence-based nutrition education!