

Food and Nutrition Certifications

Course Code	Title of Course	Credit Hours
HND-416	Food and Nutrition Certifications	3(3-0)

Learning outcomes:

Students will be able to:

- Provide diverse knowledge and practical skills in nutrition.
- Enhance professional learning in nutrition and dietetics.
- Apply evidence-based nutrition practices safely and effectively.

Resources	Relevant Courses	Duration	Free/Paid
Harvard University	The Health Effects of Climate Change	7 weeks (3 - 5 hours per week)	Audit for Free Verified Certificate for \$229
	Health and Wellness: Designing a Sustainable Nutrition Plan	8 weeks (4-6 hours per week)	Paid - \$3,050 Verified Certificate for \$2,750
	Healthy Eating for Type 2 Diabetes	2 weeks long (2 - 6 hours per week)	Paid - \$30 No certificate specified
	Managing Your Cholesterol	2 weeks long (2 - 6 hours per week)	Paid - \$30 No certificate specified
	Lose Weight and Keep It Off	2 weeks long (2 - 6 hours per week)	Paid - \$30 No certificate specified

Coursera	Stanford Introduction to Food and Health	6 hours (self-paced)	Free to audit Verified certificate for \$49
	Science of Diet and Exercise (NASM)	4 weeks (10 hrs/week)	Paid (\$49/month)
	Child Nutrition and Cooking	8 hours (self-paced)	Free to audit Verified certificate for \$49
	Nutrition and Lifestyle in Pregnancy	6 hours (self-paced)	Free to audit Paid certificate (cost not specified)
	Healthy Practices: Nutrition, Physical Activity, and Community and Family Participation	9 hours (self-paced)	Free to audit Verified certificate for \$50
Udemy	Diploma in Nutrition, Health & Fitness (Accredited)	7-8 hours (self-paced)	Paid course and certificate (\$9.99)
	Female Hormones and how they affect Metabolism	4.5 hours (self-paced)	Paid course and certificate (\$9.99)
	Oxford Diploma : Ultimate Health	15 hours (self-paced)	Paid course and certificate (\$11.99)
	Sports Nutrition for Fitness training and Athletic performance	9 hours (self-paced)	Paid course and certificate (\$89.99)

	Internationally Accredited Certificate in Gut Health	4 hours (self-paced)	Paid course and certificate (\$13.99)
edX	Nutrition and Health: Macronutrients and Overnutrition (Wageningen University)	9 weeks (6 -8 hours/week)	Audit free Verified certificate for \$249
	Mental Health and Nutrition	8 weeks (2-6 hours per week)	Audit free Verified certificate for \$189
	Clinical Nutrition — evidence-based practice	6 weeks (4-6 hours per week)	Audit free Verified certificate for \$59
	Sustainable Food: Production and Processing	8 weeks (7-10 hours per week)	Paid course and certificate (\$3126)
	Nutrition and Cancer	5 weeks (6-8 hours per week)	Audit free Verified certificate for \$189
FutureLearn	Food Science and Nutrition: From the Farm to You	2 weeks (2 hours per week)	Audit free Verified certificate for \$54
	Nutrition and Wellbeing	4 weeks (3 hours per week)	Audit free Verified certificate for \$109
	Nutrition and Disease Prevention	4 weeks (2 hours per week)	Audit free Verified certificate for \$109

	Food Safety and Nutrition: A Global Approach to Public Health	3 weeks (3 hours per week)	Audit free Verified certificate for \$54
	Nutrition Science: Lifestyle Medicine	4 weeks (5 hours per week)	Audit free Verified certificate for \$109
Alison	Basics of Food Security and Nutrition	1.5-3Avg. Hours(self-paced)	Audit free Verified certificate for \$24-\$34
	Food Allergen Awareness	4-5Avg. Hours(self-paced)	Audit free Verified certificate for \$24-\$34
	HACCP Food Safety System for Restaurants and Other Catering Services	3-4 Avg. Hours(self-paced)	Audit free Verified certificate for \$24-\$34
	Food Safety: Good Manufacturing Practices (GMP) in the Food Industry	1.5-3 Avg. Hours(self-paced)	Audit free Verified certificate for \$24-\$34
	Food Quality: Application of Quality Control (QC) Tools in the Food Industry	5-6 Avg. Hours(self-paced)	Audit free Verified certificate for \$24-\$34
OpenLearn (Open University)	Eating for the environment	08 hours (self-paced)	Free course and certificates
	Obesity: balanced diets and treatment	15 hours (self-paced)	Free course and certificates
	Children and young people: food and food marketing	8 hours (self-paced)	Free course and certificates
	Exploring health: is your lifestyle really to blame?	4 hours (self-paced)	Free course and certificates

	Introducing public health	06 hours (self-paced)	Free course and certificates
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