



Hartdown  
Academy

Dear students,

We have been approached by The BTN Academy, an online nutrition education company, who have kindly offered one of their courses completely free to our students. It's their Foundation Course (RRP £350) which covers all of the fundamentals of nutrition science and practice.

The syllabus is below:

- Module 1: Fundamental principles of weight management
- Module 2: Macronutrients
- Module 3: Micronutrients
- Module 4: Fibre and hydration
- Module 5: Food labels and portion control
- Module 6: Food tracking and dietary flexibility
- Module 7: Sleep
- Module 8: Supplements
- Module 9: Habits and food environment
- Module 10: Goal setting and adherence

It's a video course accompanied by a bespoke digital textbook, and the whole thing will take you an estimated 40 hours to complete – broken up how you see fit and done entirely online in your own time.

This is a real opportunity to spend the next few weeks productively, to develop critical life skills, and The BTN Academy hope you'll enjoy doing it, too.

If you're interested head to <https://btn.academy/products/foundation-academy> to read more about the course, then go to purchase the **Digital version** and use the discount code **LEARNFORFREE** at checkout.

This could be a brilliant use of your time, and so I'd strongly encourage you to consider it. If you or your parents have any questions before signing up please use this webform to get in touch: <https://btn.academy/pages/talk-to-us>

Enjoy!

Kind regards,

Mrs Rigden