



# UNIT

## Weight Control Management

### Learning Outcomes

**By the end of this unit the learner will be able to:**

- ✓ Discuss how healthy weight can be attained and maintained by people of different groups.

# Nutrition Weight Control

**Kathleen Armour**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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