



COURSE OUTLINE

COURSE TITLE: Nutrition

COURSE LEVEL: 1

DURATION: Half day

Introduction

This qualification will provide an understanding of the relationship between diet, health and disease, and the principles and importance of a well-balanced diet. The award is accredited by the Chartered Institute of Environmental Health (CIEH) as a nationally recognised qualification which provides authenticity and status to any organisation and its qualified staff team.

Benefits of Attending

When providing support to children, young people and adults, it is important to have a good knowledge of the principles of nutrition and hydration so that we can support people to make informed choices and prepare meals which meet the nutritional requirements of different age groups. The reasons why we make food choices vary, including genuine pleasure, treats or health preferences, and these different food types come with differing levels of nutrition, protein and energy.

Programme Highlights

Understand the meaning of key terms including nutrition, hydration, proteins, fats, carbohydrates, vitamins, minerals, water, iron, calcium, zinc, sodium, potassium and salt
Understand the importance of promoting a balanced diet
Understand the purpose and sources of key vitamins
Understand the importance of good hydration and the indicators of poor hydration
Understand the needs of people from different age groups, vegetarians, vegans and different cultures

Who Should Attend

Any member of staff

Special Notes

Nutrition (Half day)

Learning outcomes

- To ensure that all learners understand the best advice around Nutrition and hydration and diet.
- To ensure that all learners have a chance to discuss these issues

Introductions. (15 mins)

Session 1. (1 hour) Nutrition and Hydration

- The meaning and importance of good nutrition and hydration
- The difference between macronutrients and micronutrients
- Identify the purpose and sources of proteins, fats, carbohydrates, vitamins, minerals, water, iron, calcium, zinc, sodium, potassium and salt
- The difference water soluble and fat soluble vitamins
- The purpose and sources of key vitamins C, B, A, D, E and K
- The importance of good hydration and the risks of poor hydration
- The indicators of poor hydration
- The purpose of good hydration and water in relating to body functioning and health
- Fluid intake requirements of different people

Coffee. (15 minutes)

Session 2. (1 hour) Nutrition and Diet

- The importance of promoting as balanced diet following the EatWell™ theory
- Health risks associated with a poor or in-balanced diet Food groups, portion sizes and nutritional value of each
- The dietary needs of different age groups including children and young people, adults and later living
- The dietary requirements of people who are vegetarian or vegan
- The dietary differences of various multicultural choices
- The affects which diabetes can have on nutrition and hydration

Any Questions and feedback (15 mins)

Close