

Nutrition including Food Hygiene

Aims and Objectives:

- Gain a basic awareness of Nutrition and Food Hygiene
- Promote safe practice when preparing and handling food
- Identify “high risk” food products
- Recognise the causes of food poisoning
- Food labeling and guidelines
- Chilling down and defrosting food safely
- Understand the importance of maintaining a healthy balanced diet
- Fluid intake recommendations
- What’s on a food label – ingredients and GDA’s
- The eatwell plate – identify four main food groups
- Checklist for healthy eating and older people

Course Duration: 2 hours

Assessment Criteria: Workbook and informal assessment

This short course is for health and social care professionals, catering workers, and all people who are responsible for monitoring the dietary and nutritional needs of people in later life.

As a participant in this course, you gain an understanding of the nutritional needs of older people, how to assess under nutrition and how to recognise the causes of under nutrition and its consequences for the quality of life of an older person.