

Nutrition

Aims and Objectives:

- Introduction to Nutrition
- The nutrient content of foods
- Definition of a healthy, well balanced diet
- Nutritional needs and dietary preferences
- Catering for older people

Course Duration: 2.5 hours

Assessment Methods: Summative Assessment

This Nutrition training course is designed to provide staff with an introduction to nutrition. On completion of the course candidates will have an overall understanding of how to enable Service Users within a Health and Social Care setting.