



Food Nutrition & Healthy Eating



- For Businesses (online)

Overview

This course follows the Level 2 standard in Healthier Foods and Special Diets and is ideal for those who wish to develop their understanding of the principles of healthy eating and the role of diet and exercise in maintaining good health.

Target Group

This modular online course is ideal for staff working in care homes, schools, hospitals, prisons or others interested in diet and health or working towards NVQs.

Objectives

By the end of this online course, participants will have a good understanding of nutrition and the principles of healthy eating, as well as how best to implement this knowledge into their working practice / organisation, as well as their personal life.

Course Content

This course takes approximately 3-5 hours although can be taken at participants' own pace to fit in with work, shifts etc. It covers the following modules:

- ✗ The link between diet and health
- ✗ How the human body uses nutrients
- ✗ How social, cultural, ethical, economical, political, geographical and religious beliefs are linked to diet
- ✗ Making healthy choices
- ✗ Special dietary requirements
- ✗ Food labelling
- ✗ Reducing salt, sugar and fat in the diet
- ✗ 5 a day and the 'eat-well' plate initiative

At the end of each module there will be 10 multiple choice questions with a pass mark of 8/10 (80%) in order to move on to the next module (it is possible to re-take each module as many times as necessary.) Once all modules are completed, there is a final test of 30 multiple questions with a pass mark of 25/30 (83%)

Outcomes

On successful completion of this course, participants will be awarded a nationally recognised certificate.

Minimum System Requirements

- ✗ Multi-media PC with soundcard & speakers
- ✗ Internet connection
- ✗ Microsoft Windows NT, 2000, XP or later