

# ADVANCED NUTRITION, HEALTHIER FOODS & SPECIAL DIETS



## Overview

This course is designed for those, such as fitness, education, catering or healthcare staff, who are looking to enhance their knowledge of nutrition, healthy foods and special diets.

Delegates will be trained regarding the importance of good nutrition and how it can prevent diet-related illness. They will also be informed about balanced meals, allergies and intolerance so that they are able to advise others on how to change their diet for the better.

## Outline of Programme

- The importance of a healthy, balanced diet.
- The effect of diet and nutrients on the body.
- Factors which affect the nutritional value of food.
- Diet-related illnesses and how a healthy diet helps to prevent them.
- Understanding of why different people need different diets.
- Connection between diet and lifestyle.
- Allergies and intolerance.
- Planning meals and menus.
- Promoting a healthy diet and lifestyle to others.
- Food and nutrition terminology.
- Why products need to display accurate nutritional information.
- Negative impacts of eating processed and manufactured foods.

- Complying with relevant legislation.

**Assessment**

The Advanced Nutrition, Healthier Foods and Special Diets course runs over 4 hours. Our experienced trainers will be on hand to help guide delegates through these sessions and a certificate will be awarded upon successful completion.

**Cost**

Our courses are competitively priced, and we aim to beat any equivalent training quote.

**Important Information**

- The training venue should be quiet and undisturbed.
- Staff should not be expected to be on duty.
- Staff attending should remain for the entire length of the session.
- Flexible dates available.
- Call to book a day that suits you.