

# NUTRITION AND MALNUTRITION UNIVERSAL SCREENING TOOL (M.U.S.T.) AWARENESS



## Overview

This course provides delegates with an understanding of the Malnutrition Universal Screening Tool (M.U.S.T.), a five-step screening tool used in hospitals and care homes to identify adults who are malnourished or at risk of malnutrition or obesity. Training will also cover all general aspects of health and nutrition, making this course ideal not only for those working in the care sector, but also for school cooks and catering assistants.

## Outline of Programme

- Introduction and explanation.
- Identifying different food groups and their effects.
- Energy requirements.
- Vitamins and minerals.
- Understanding food labels.
- Balanced diet for good health.
- Knowledge of management guidelines which can be used to develop a care plan.

## Assessment

The nutrition and M.U.S.T. awareness course, runs over 6 hours and delegates will be expected to engage in several group activities. Our experienced trainers will be on hand to help guide delegates through these sessions and a certificate will be awarded upon 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.
- Please call to book a day that suits you.