

# HABC HEALTHIER FOOD & SPECIAL DIETS (Level 2)



## Overview

This HABC accredited course is aimed towards any persons working with food, especially those in catering, education and retail. The course will provide delegates with knowledge and understanding of nutrition and the many links between good diet and health. The overall aim of this course is to enable delegates to select healthy ingredients and create nutritious menus and recipes.

## Outline of Programme

- Connection between diet and lifestyle.
- Complying with legislation and responsibilities.
- Good nutrition and following a balanced diet.
- Correlation between diet and health.
- Adapting to people's individual requirements.
- Nutritional content of processed and manufactured foods.
- Correct terminology.
- Nutrition principles.
- Necessity of displaying nutritional information.
- Food allergies and intolerance.

## Assessment

The Healthier Food and Special Diets training course lasts one full day and delegates may be required to participate in group activities. Our experienced trainers will be on hand to help guide delegates through the entire process.

**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.