

# DIET AND NUTRITION AWARENESS



## Overview

This training is designed to enable care staff in a range of settings to assist their clients in choosing and orally consuming their food and drink. Delegates should come away from the course understanding how to assess the specific needs of each patient, including the key minerals and nutrients which they may require. Delegates will learn the ways in which to vary their patients' diet in order to help prevent illness as well as the effects which good and bad nutrition can have on their body and health. This course also covers malnutrition and the impact malnutrition has on the body and mind.

## Outline of Programme

- What is nutrition?
- Nutrients.
- Fruits and vegetables.
- Nourishing the elderly.
- What is malnutrition and how does it affect the body?
- What causes malnutrition?
- Screening tools.

## Assessment

The nutrition awareness training course takes around 3 hours and delegates may be expected to engage in several group activities. Our experienced trainers will be on hand to help guide participants 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.