



Food Hygiene and Nutrition

Our Food Hygiene and Nutrition course is aimed towards providing delegates with a working knowledge of maintaining good levels of hygiene along with the knowledge on nutritional health and wellbeing.

Key components include:

- Explain the terms 'malnutrition' and 'dehydration'
- Explain different nutrients and why we need them
- Summarise a healthy diet
- Explain the nutritional needs of older people
- Identify when special diets may be required
- Explain the term 'peg feed'

- Main areas to consider in food hygiene
- The 4 C's of food hygiene
- Causes of food poisoning
- Preventing food poisoning
- Preparation, cooking and storing food correctly
- Key personal hygiene practices
- Hand washing procedure

As the session progresses delegates are encouraged to share their existing knowledge of food nutrition and hygiene.

Following completion of the course delegates will have an understanding in the following:

How to maintain basic food hygiene to keep individuals safe along with nutritional health and wellbeing

A thorough knowledge of signs and symptoms of nutritional in-balance, food elements and correct intake, causes, preventative measures and correct procedures will provide the underlying knowledge to ensure all participants can apply in practice.