

# NUTRITION AND HEALTHY EATING

COURSE CONTENT OVERVIEW

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**This Level 2 Healthier Food and Special Diets course gives an in-depth explanation of the nutrition needed to stay healthy.**

**The course explains each of the essential vitamins and minerals, giving an overview of why they are needed, where they can be found and the problems they can cause through deficiency.**

### **Module One: Introduction to Nutrition**

This module gives an introduction to nutrition and the scientific terms associated with it. The module explains malnutrition, the need for energy and the obligations business' have towards providing safe and healthy food.

- Nutrition overview
- Nutrition definition
- Other definitions
- Malnutrition
- Energy
- Business' obligations

### **Module Two: Essential Vitamins**

This module gives an overview of each of the essential vitamins, including what they are used for, which foodstuffs contain them and what a deficiency in each of them would result in.

- Essential nutrients
- Vitamins
- Fat soluble vitamins - A, D, E, K
- Water soluble vitamins - C, B1, B2, B3, B6, B12
- Folic acid

### **Module Three: Essential Minerals**

This module gives an overview of each of the essential minerals, including what they are used for, which foodstuffs contain them and what a deficiency in each of them would result in.

- Calcium
- Magnesium
- Phosphorous
- Iron
- Sodium
- Potassium
- Zinc
- Trace elements: iodine, selenium and copper
- Fluoride

### **Module Four: Proteins and Fats**

This module explains the different types of proteins and fats, what they are used for within the body and the best places in which to obtain them.

- High and low quality proteins
- Combining proteins
- Balancing proteins
- Fats
- Visible and invisible fats
- Fatty acids
- Types of fat

### **Module Five: Carbohydrates, Fibre and Fluids**

This module explains the different types of carbohydrate and fibre, including their benefits and which foodstuffs they are found in. This module also covers essential fluids, information on dehydration and additives.

- Simple carbohydrates
- Complex carbohydrates
- Dietary fibre
- Water and body fluid
- Dehydration
- Additives

### **Module Six: A Balanced Diet**

This module provides information on what constitutes a healthy diet. It explains the importance of proportions, variety and portion sizes. The module goes into detail about what foods are contained in each category of a healthy diet and explains the effects of fluids and alcohol on the body.

- A healthy diet
- The eat well plate
- Proportions, variety and balance
- Five a day
- Portion sizes
- Starchy foods
- Meat, fish and alternatives
- Milk and dairy foods
- Fats and sugars
- Salt
- Fluids
- Alcohol

## **Module Seven: Diet and Health**

This module covers the links between diet and health, explaining the problem of obesity, the BMI chart, heart disease, diabetes and food allergies.

- Diet and disease
- Dietary targets
- Obesity
- BMI chart
- Heart disease
- Weight loss
- Diabetes
- Food allergies and intolerances

## **Module Eight: Nutritional Requirements**

This module explains the specific nutritional and dietary requirements of different groups of people.

- Dietary Reference Values
- Nutrition and babies
- Nutrition and children
- Nutrition and teenagers
- Nutrition and adults
- Pregnant women
- Malnutrition in the elderly
- Vegetarians
- Religious/ethnic requirements
- Nutrition in schools
- Nutrition in hospitals
- Nutrition in care homes
- Nutrition in prisons

## **Module Nine: Food Processing and Labelling**

This module covers the different methods used to process food and the effects that they have on the food's nutritional content. This module also explains the restrictions on food labelling.

- What is processed food?
- Methods of processing - temperature control, drying, controlling air-flow, chemical preservatives and irradiation
- Effects of cooking and preservation
- Fortification
- Food labelling
- Food labelling restrictions

## Aims of the Training

At the end of this course, participants will be able to:

- Explain the connection between health and diet.
- Specify and recommend appropriate diets for different groups of people, including elderly people, pregnant women, young children and adolescents.
- Describe how varying methods of food preparation affect the nutritional value of food.
- Explain the significance of information on food labels.