

NUTRITION AND HEALTHY EATING

COURSE CONTENT OVERVIEW

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This Nutrition and Healthy Eating course has been designed as an introduction to creating healthy menus, maintaining a well-balanced diet and understanding the links between diet and health. The course provides learners with the essential knowledge needed to make nutritious food choices and helps them to understand which foods are the best for health, why our bodies need certain vitamins and minerals and how the Eatwell Guide can be used to create a well-balanced diet.

Module One: Introduction to Nutrition

This module presents some key facts about obesity and looks at the health problems caused by being overweight. The module also explains how to calculate your BMI and waist circumference and details their significance in having a healthy lifestyle.

- What is obesity?
- Calculate your BMI
- Waist circumference
- The problem of obesity
- The impact of obesity on health

Module Two: Protein, Fat and Carbohydrate

This module looks at the importance of protein, fat and carbohydrate in the diet, explaining the best dietary sources for each nutrient and outlining why they are essential parts of a healthy, well-balanced diet.

- Protein
- High quality and low quality proteins
- Combining proteins
- Balancing proteins
- Fat
- Visible and invisible fats
- Fatty acids
- Carbohydrate
- Simple and complex carbohydrates
- Balancing carbohydrates
- Dietary fibre

Module Three: Water and Fluids

This module highlights the importance of regularly drinking water and fluids, looking at the effects that hydration and dehydration can have on overall health and wellbeing.

- Water
- Hydration
- Dehydration
- Alcohol

Module Four: Essential Vitamins

This module covers each of the essential vitamins that our bodies need in order to function efficiently, explaining their specific roles within the body and looking at the best dietary sources for each vitamin.

- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin K
- Vitamin C
- Vitamins B1, B2, B3, B6 and B12
- Folate

Module Five: Essential Minerals

This module covers each of the essential minerals that our bodies need, looking at the specific roles that each mineral plays and explaining the foods in which they can be found.

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

Module Six: Using the Eatwell Guide to Create a Balanced Diet

This module introduces the Department of Health's Eatwell Guide and shows how it can be used to create a well-balanced diet. The module explains each of the sections within the guide to help you put together nutritious meals.

- 8 tips for eating well
- The Eatwell Guide
- Proportions
- Fruit and vegetables
- Starchy carbohydrates
- Dairy and alternatives
- Proteins
- Oils and spreads
- Fatty, salty and sugary foods

Module Seven: How Diet Affects Health

This module looks at the link between a poor diet and poor health, highlighting some of the key health conditions that can be brought on through unhealthy eating. The module also explains the difference between food allergies and intolerances and explains how both can be controlled through a carefully-managed diet.

- Who do people neglect a healthy diet?
- Diet and ill-health
- Dietary targets
- Obesity
- Cutting down on sugar
- Heart disease
- Cutting down on saturated fat
- Cutting down on salt
- Diabetes
- Food allergies and intolerances

Module Eight: Nutritional Requirements of Different Groups

This module looks at the different nutritional requirements of different age groups, beliefs and motivations, explaining what you need to be aware of when catering for these people.

- Infants
- Children
- Adolescents
- Adults
- Pregnant women
- Older people
- Ethnic and religious groups
- Vegetarians
- Slimmers

Module Nine: Catering for Different Diets

This module outlines the nutritional requirements, and government guidance, for people in different settings. These requirements must be considered if your role involves creating healthy menus for use in any of these environments.

- Schools
- Hospitals
- Residential homes
- Prisons

Module Ten: How Food Processing Affects Nutrition

This module looks at how the nutrient content of food is affected by processes such as cooking and preservation. The module also explains how the nutrient content of food can be enhanced through fortification.

- What is processed food?
- High and low temperatures
- The effects of cooking
- Drying
- Controlling air-flow
- Chemical preservatives
- Food additives
- Irradiation
- Fortification

Module Eleven: Food Labelling

This module explains the information found on food packaging, looking at what must be included by law and explaining what is meant by certain nutritional claims.

- Food labelling regulations
- Nutrition information
- Nutritional claims

Aims of the Training

By the end of this course, learners will:

- Understand which foods make up a healthy, well-balanced diet.
- Understand the roles that protein, fat and carbohydrate play in the diet, plus the best foods to eat in order to obtain these nutrients.
- Understand the importance of essential vitamins and minerals and know where they can be found.
- Know how to use the Eatwell Guide to create a balanced diet and healthy menu.
- Have an awareness of how a poor diet can negatively impact health and wellbeing.
- Understand the different nutritional requirements that people may have and know how to cater for them.
- Understand how processing, including cooking and preservation, affects the nutrient content of food.
- Know how to interpret the information provided on pre-packaged food labels.