

COURSE CONTENT OVERVIEW

Nutrition and Healthy Eating



This Nutrition and Healthy Eating course provides an introduction to understanding the links between diet and health, as well as how to maintain a well-balanced diet and offering ways to creating healthy meals. The course provides learners with the essential knowledge needed to make nutritious food choices and helps them to understand which foods are best for health, why our bodies need certain vitamins and minerals, how to understand food labels, and how food processing affects nutrition. This course aims to help learners put what they have learned into practice through the use of downloadable resources - a weekly meal planner and a recipe booklet.

Module 1: Introduction to Nutrition

Nutrition and healthy eating are essential components of good health and positive wellbeing. This module introduces nutrition and explores the links between it and health, whilst also looking at the role of the Eatwell Guide in a balanced diet. This module will cover:

- What is nutrition?
- Positive effects of a balanced diet
- Negative effects of a poor diet
- The importance of a balanced diet - your responsibilities
- The Eatwell Guide
- Which foods make up a healthy and balanced diet?

Module 2: 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. This module will cover:

- Protein
- High-quality and low-quality proteins
- Combining proteins
- Balancing proteins
- Fat
- Visible and invisible fats
- Fatty acids
- Carbohydrate
- Simple carbohydrates (Sugars)
- Complex carbohydrates (Starches)
- Dietary fibre
- Balancing carbohydrates

Module 3: Essential Vitamins and Minerals

Vitamins and minerals are essential nutrients that are needed by our bodies in order to function properly. If you follow a well-balanced, healthy diet, then your daily meals should provide you with all of the vitamins and minerals that you require. This module will cover:

- Vitamins and minerals
- The 11 essential vitamins
- Sourcing vitamins
- Vitamin deficiency
- Minerals
- Minerals - sodium
- Sourcing minerals
- Mineral deficiency
- Trace elements

Module 4: Water and Fluids

Water and other fluids play an important role in maintaining a healthy diet. Without them, our bodies cannot function efficiently, and we're likely to tire easily and find concentration difficult. This module will cover:

- Water
- Hydration
- Dehydration
- Alcohol

Module 5: How Food Processing Affects Nutrition

The way food is processed - whether it's cooked, dried, canned or preserved - has an effect on the overall nutrient content of the food. You should be mindful of this when choosing foods to eat. This module will cover:

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

Module 6: Food Labelling

Any pre-packaged food that you buy will feature a nutritional label. This module explains how to better understand the information presented on these labels and how to use this information when buying and eating food. This module will cover:

Food labelling regulations
Nutrition information
Nutritional claims
Health claims

Module 7: Preparing Nutritionally Balanced Meals

This module will take a look at catering nutritionally balanced meals for different diets and how you can put together well-balanced, nutritious meals. It will also provide you with downloadable resources for your use - a meal planner and recipe booklet. This module will cover:

- Putting the Eatwell Guide into practice
- Catering nutritionally balanced food for different diets
- Downloadable resources

Module 8: Course Summary

This final module houses all of the links to further reading and downloadable resources featured throughout the course. Compiled into one module for your ease, this module also contains a summary of the content from modules 1-7.

Aims of the training

By the end of this course, you will understand:

- What nutrition is and which foods make up a healthy and well-balanced diet.
- The negative effects of a poor diet, and the positives of a good one.
- The roles that protein, fat and carbohydrate play in the diet, plus the recommended foods to eat in order to obtain these nutrients.
- The importance of essential vitamins and minerals, and know which foods they can be found in.
- The importance of water and fluids in a healthy and balanced diet.
- How food processing affects nutrition.
- Food labelling regulations and nutritional information.
- How to put the Eatwell Guide into practice when cooking for yourself and others.
- How to ensure a variety of different diets stay nutritionally balanced.