

## Nutrition and Diet

Under Duty of Care and Safeguarding, for both vulnerable adults and for Children, Nutrition and Diet plays an important role.

Under food hygiene law in the UK, food handlers must receive adequate supervision, instruction and/or training in food hygiene for the work they do.

Before they start any work involving the handling of food, staff should receive training in the workplace to make them aware of food hygiene issues



This half day course covers.

- The balance of good health
- Malnutrition
- Nutritional assessment
- Screening
- Body mass index
- Changes in body weight and monitoring food and fluid intake and output
- Types of Clinical examinations and indicators of potential problems
- Role of the dietician, MUST ( Malnutrition Universal Screening Tool) resources and referrals
- Risk factors



**Training Methods:** Lectures, case studies and group discussions. Demonstration of The MUST tool

**Assessment** is a thorough observation of practical elements and a written test paper which is marked by the Tutor and then verified by an assessor, for Quality Assurance purposes. To gain a certificate a course mark in excess of 80% is required. On successful completion of the course, students will receive a Certificate which will remain valid for one year from date of issue.

Employers will receive all necessary paperwork to provide an auditable paper trail