

# **TRAINING SOLUTIONS**

## **SPECIALIST TRAINING PROVIDER**

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## **Nutrition and Well Being**

### **COURSE OVERVIEW**

**To make people aware of the benefits of a well balanced diet and nutrition can have on health and the need to cater for a variety of dietary requirements.**

### **COURSE CONTENT**

- ✓ **why healthy eating matters**
- ✓ **how to identify what is good nutrition**
- ✓ **how to encourage healthy eating**
- ✓ **exploring how they can put healthy eating into practice**

### **CERTIFICATION**

Attendance Certificate

### **WHO SHOULD ATTEND:**

**All those who work within the care sector who need to understand the importance of diet and healthy eating.**

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**North West**

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