

TRAINING SOLUTIONS

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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

Company Reg no - 6254466