



**VERNER WHEELOCK
ASSOCIATES**

NUTRITION & HEALTH AWARENESS

Course Summary

This ½-day course is run as an in-house course at your own venue. It covers all aspects of Nutrition and Health at a basic level.

The course is ideal for school cooks and catering assistants, those providing food in nurseries or care homes, and any other interested groups who wish to gain a basic grounding in nutrition & health issues. The content can be tailored to fit the requirements of the group undergoing training and can be run during term time or school holidays to suit your schedules and your staff.

Entry Requirements

No formal qualifications are required

Course Structure & Content

- Energy needs and requirements
- Carbohydrates, protein, fats
- Vitamins and minerals
- Requirements of salt/water and effects on health
- Alcohol - social and physical effect
(can be replaced with a section on menu planning)
- Understanding food labels
- Effects on cooking of foods
- Balance of good health

This course is run in-house for up to 15 participants per ½-day course (approx 3 ½ hours). It is possible to run two courses in one day and train up to 30 staff.

Ideal for Local Authority Caterers

We have run this course for a number of local authority catering organisations and have received very positive feedback from managers and participants.

Only got 4 or 5 people to train? Why not run a joint course

In order to ensure viability and value for money, 2 or 3 neighbouring schools or local authorities have joined together on past courses to ensure 10-15 delegates attend this course, and this has proved very successful.

Course fee

Contact Helen Moore or Jan Wheelock on **01756 700802** for a quote

Your Course fee Includes:

- Course handouts
- Certificate of Attendance

Progression

Next level – candidates who require a more in-depth knowledge of planning healthy menus may wish to progress to the **CIEH Level 2 Award in Healthier Food & Special Diets**

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