

Food and Nutrition Skills for those Providing Care

What is involved?

This course is suitable for all staff who work with older people in nursing or residential care settings including: caterers, carers, nursing staff, managers. It aims to provide basic and standardised information on the importance of good nutrition and diet for older people and ways to improve the nutritional status of the people you care for. The course is delivered by your local Public Health Dietitians

What is the time commitment?

The course is delivered over 3 days from 9am to 3pm (times can be altered by prior arrangement). Learners will complete a workbook which is submitted and assessed at the end of the course. There is no exam; however learners may need to complete a small amount of work outside of class time.

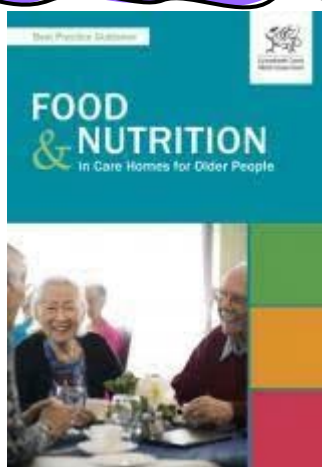
The course covers:

PART 1 – FOOD AND NUTRITION SKILLS FOR THOSE PROVIDING CARE

- Recognising how a balanced diet contributes to health and wellbeing
- Understanding food and nutrition needs for an individual

PART 2 – IMPROVING FOOD AND NUTRITION CARE

- Identifying individual's nutritional needs
- Understanding how to improve food and nutrition care.
- Planning food and nutrition care improvements



Agored Cymru Level 2 course



For further enquiries, please contact:

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