

Food and Nutrition Skills for Those Providing Care

Agored Cymru: Level 2

What does the course involve?

This course is suitable for all staff that work with older people in nursing or residential care settings, including; caterers, carers and registered nurses. It aims to provide the basic understanding of the importance of a good diet for older people and ways to improve nutritional care that will support you in your role. It has been developed by Dietitians across Wales and will be delivered by the local Public Health Dietetic team.



What is the time commitment?

The course is delivered over 3 days from 9am-2pm. Learners will complete a portfolio which is submitted and assessed on course completion. There is no exam; however a small amount of homework is included. The training is free of charge, though when successful there is a small registration and certification fee of **£6.24**.

The Course Covers

PART 1 – Food and Nutrition Skills for Those Providing Care

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

PART 2 – Improving Food and Nutrition Care

1. Identifying individuals nutritional needs.
2. Understanding how to improve food and nutrition care.
3. Planning food and nutrition care improvements.

Any queries, please contact;

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