

Healthier Food and Special Diets Workshop

The benefits of a healthy and varied diet are proven. This workshop has been designed to provide a good basic understanding of nutrition. It also covers some facts regarding allergens and intolerance's and the dietary needs of certain categories of the population.

Why is this training important?

The Government is committed to reducing death and ill-health caused by diet-related diseases. More than ever, caterers need to understand the link between diet and health.

Who needs this training?

All employees in catering environments involved in the selection of menus, recipes and ingredients. It is also relevant for those in the healthcare and education sectors.

Learning outcomes

- Good basic understanding of nutrition principles and terminology
- Understand the requirements of a balanced diet and its positive effect on health
- Identify allergies and food intolerances
- Appreciate the varied dietary requirements of different groups of people
- Understand the impact of food processing and manufacturing on the nutritional content of food
- Appreciate the importance of accurate nutritional information being available on food products

Duration: 1 Day

Assessment: Multiple choice test