



## Nutrition and Hydration

The planning and provision of meals for people working in care settings is covered by this professional training course. An insight into the basics of good nutrition and practical guidance for implementing these is provided as a result of course completion.

### Programme/Course Content:

- Nutritional standards within care settings
- Benefits of a healthy diet
- Food groups, nutrients, and fluids
- Special diets
- Nutrition for older people
- Malnutrition
- Risk assessments
- Effective use of the MUST screening tool
- Know when to refer
- Management and interventions
- Summary and evaluation

**Aimed at:** Those working in care settings.

**Accreditation:** If you require additional accreditation or distance learning course options then please consider the following courses:

- Nutrition and Health
- Nutrition and Health (Healthy Eating)

**Further information:** For more information, or to book, please get in touch.