

COURSE TITLE:

NUTRITION AND HYDRATION

MODULE	MODULE NAME	OBJECTIVE
1	Understanding Nutrition & Dietary Choices	To understand the concept of nutrition, the basics of dietary choices and the importance of a balanced diet in maintaining health and supporting recovery.
2	Essential Body Nutrients & Their Functions	To learn about the six essential nutrients, their sources, and their functions within the body, and how they contribute to health and well-being.
3	Importance of Hydration	To recognise the critical role of hydration in maintaining health, understand the symptoms of dehydration, and learn about daily fluid requirements
4	Recognising Malnutrition & Dehydration	To identify the signs & symptoms of malnutrition and dehydration, understand the impact they have on health, & apply strategies to manage & prevent these conditions in care settings.
5	The Eatwell Guide	To understand the principles of a healthy, balanced diet as outlined in the Eatwell Guide, and how to apply it in meal planning and food preparation in care settings.
6	Food Hygiene	To learn the key principles of food hygiene, including personal hygiene, food storage, preparation, and handling, and understand the legal requirements to ensure food safety in care settings.