

Healthier Foods and Special Diets

The link between diet and health



This accredited qualification will give employees a sound understanding of how to plan and prepare a balanced menu which will help them perform better both in their day to day jobs and in the community by improving their general well being with healthier meals. This one day training course with a 45 minute assessment explains the links between diet and health and teaches the fundamental nutritional principles behind preparing balanced diets for people of all ages, health and social circumstances.

Suitable for all levels of staff, no pre-course entry requirements

NUMBERS LIMITED PER COURSE TO ENHANCE LEARNING



To find out where and when the next course is running, contact your local Royal Society for Public Health registered training Centre:



Focus on Food: what's it all about?

Poor diet is a contributory factor in a wide range of ailments such as obesity, coronary heart disease, high blood pressure, stroke, type 2 diabetes, dental caries, liver cirrhosis and certain types of cancer. With the media attention on healthy eating, it is essential that individuals understand how to plan and prepare well-balanced menus and acknowledge special diets for religious, cultural, ethical or other personal reasons.

Will my organisation benefit from this Award?

Yes. The qualification will give your employees a sound understanding of how to plan and prepare a balanced menu which:

- Helps them perform better in their day to day jobs
- Provides a better service
- Promotes healthy eating both within the workplace and outside
- Improves staff health through a better understanding of the importance of eating healthily

How will staff benefit?

- Empowers employees in making healthier choices
- Enables them to give advice and support to workplace colleagues, friends, family and ultimately the wider community
- Gaining an accredited qualification assists staff in their personal and professional development

Who will benefit from attending this course?

EVERYONE! The Royal Society for Public Health (RSPH) and the Government has targets and initiatives to improve the incidence of the afore mentioned health disorders which means a longer and more productive life

Suggested applicants:

Private, Public, not-for-profit and voluntary sectors

- Managers, HR personnel
- Government Services
- Occupational Health Services
- Pharmacies
- Sports, fitness and leisure industries
- Health food retailers
- Local authorities
- Schools
- Hospitality
- Health and Community groups

Course Content

This qualification in *Healthier Food and Special Diets* provides knowledge and understanding of the benefits of healthy eating and how to cater for special diets.

- The relationship between a balanced diet and good health
- The principles behind a balanced diet
- How to preserve the highest nutritional value of food
- Government policies and guidelines on healthier eating
- The difference types of special diets
- Preparation, cooking and serving practices
- The role of the Dietitian



Partnerships for implementing
Healthier Food and Special Diets

ROYAL SOCIETY FOR PUBLIC HEALTH



QUALIFICATIONS APPROVED CENTRE

The Royal Society for Public Health is an independent, multi-disciplinary organisation, dedicated to the promotion and protection of collective human health and well-being.



Beth Gibb Associates (BGA) is an accredited leading provider of workplace health programmes, through educational awareness sessions to enhance the skills and knowledge of both employers and employees. All associates are qualified and experienced in their field. **Vanessa McMinn, an accredited Dietitian will be facilitating this programme.** BGA's specialist remit is work-related stress: a proactive rather than reactive approach, assisting organisations take steps to develop a *Healthy Workforce, Healthy Business* vision.

For further information on dates and venues:

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