

<b>Course title</b>	<b>Healthier Food and Special Diets</b>
<b>Provider</b>	Fit as a Fiddle Regional Team
<b>Synopsis of course</b>	<p>The course covers the following topics:</p> <ul style="list-style-type: none"> <li>• The relationship between nutrition, diet and health</li> <li>• The nutritional requirements of different population groups</li> <li>• Current policy, legislation and voluntary guidelines</li> <li>• The effects of food processing on nutrient content</li> <li>• Nutrition labelling</li> </ul>
<b>Duration</b>	1 day: 9.30am -4pm
<b>Accreditation / level</b>	Chartered Institute of Environmental Health; Level 2
<b>Assessment procedure</b>	multiple choice test; participants need to get 20 questions out of 30 correct to pass
<b>Location</b>	The course can be provided in-house at a location of your choice
<b>Numbers</b>	Between 8 -15 recommended
<b>Contact details</b>	Richard Siddall E <a href="mailto:richardsiddall@googlemail.com">richardsiddall@googlemail.com</a>
<b>Cost</b>	Training is currently free. Host organisation needs to provide Training room, refreshments and lunch (optional)