

Nutrition and Hydration

Mandatory

Who is this course aimed at?

This course is aimed at anyone who provides residential care.

Course Aims

To be able to provide for the nutrition and hydration needs of residents

Learning Outcomes

- Understand the importance of good nutrition and hydration.
- Know the different food groups, and how to include them in a healthy diet
- Recognise how mental health issues can be affected by diet
- Understand how to prevent malnutrition
- Gain an awareness of the nutritional issues faced by the elderly
- Know how to plan for effective nutrition and hydration
- Recognise how to maintain good hydration in residents
- Gain an understanding of BMI & MUST

Course available as

Face to Face

Course Length: 3 Hours

Contact Us

For more information, or to book any of our courses, please contact us on 01706 375578