

# Child Nutrition

## **About the course**

What we eat is vital to our health and well-being as well as how we look, feel and function. If we do not feel good then it means that we are not getting the most out of our life and not doing all those things that we really want to do.

This course covers the important aspects of nutrition for children and how to make sure they have a balanced healthy diet suitable for their growing bodies. Its aim is to help children get into the habit of eating well for their present and for their future.

## **Who should attend**

Anyone who is involved in the provision and preparation of food for children, including kitchen staff and management.

## **What you will learn**

You will learn the important elements in a balanced diet, the ways in which these contribute to a healthy diet and how to plan menus to ensure that such a diet is achieved.

## **The length of the course**

6 hours.

## **Course content**

- An introduction to nutrition
- Nutrients and energy
- The balance of good health
- Nutrition needs and life stages
- Catering for groups of people of mixed ethnicity
- Other special dietary needs
- Processed and fortified foods
- Regulations for children's food providers
- Child obesity in the UK

## **Assessment and certification**

There will be an ongoing assessment by the teacher with a multi-choice paper at the end.

## **Where you can do the course**

This course can be held in your premises throughout the UK  
Open courses are held in Wiltshire and Gloucestershire

## **How much it costs**

See price list.

Continued over ...



## ***How to apply***

You can book on to a course or organise in house training :

- on our website [www.switchtraining.co.uk](http://www.switchtraining.co.uk)
- by email [info@switchtraining.co.uk](mailto:info@switchtraining.co.uk)
- by phone **01666 823626**