



NUTRITION AND HYDRATION

Course Number
VEL0218

Time Required
65 minutes

Assessment
Formal (multiple choice)

Approvals
CPD

If you are part of a team responsible for people's nutrition and hydration, it's important that you understand the terms that are being used, the nutritional requirements of the service users and the possible consequences of getting it wrong.

Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

This course will start by defining the various terms used when talking about nutrition and hydration in care environments, the basic elements of nutrition and eating a healthy balanced diet, identify the reasons why vulnerable people might suffer with dehydration and the tools you can use to identify people that are at risk of malnutrition and the steps you can take to deal with this condition.

Suitable for:
Care



Modules:

- The Course Structure
- Defining the Terms
- The Eatwell Plate
- Hydration
- Through-life Nutrition

- Malnutrition and Overnutrition
- The 'Malnutrition Universal Screening Tool'