



NUTRITION AND HYDRATION (TRAIN THE TRAINER)

Course Number
SC0218.1

Validity
3 Years

Duration
1 Day

Assessment
Formative

Our Nutrition and Hydration Train the Trainer course is for those looking to train others in Nutrition and Hydration Awareness. Delegates will be provided with a solid insight into the basics of good nutrition and hydration, as well as practical guidance for how to put these into practice within a care setting.

As with all of our Train the Trainer courses we will provide tuition on training methods suitable for in-house training of the organisations own staff. Delegates will gain sufficient knowledge to run their own engaging and compliant training sessions. At the training end all delegates will present a micro teach session and be assessed for their training delivery and Nutrition and Hydration knowledge and training standard.

Suitable for:

Care and Education



Introduction

- Introduction and course overview

Course Programme

- Signs of malnutrition
- Signs of dehydration
- Eat well plate
- Labelling
- How food affects us
- Menu planning
- The cost of poor diet
- Hydration
- Attitudes to foods & religions
- Suitable choices
- Alternative foods
- Food hygiene & cooking methods

Train the Trainer Module

- Teaching methods and learning styles
- Feeding back
- Evaluating
- Presenting information
- 'Do's and don'ts'
- Assessment