



Nutrition & DIET

The syllabus includes, for example:

Healthy eating

Promoting choice

Nutrients and food groups

Vitamins

Dehydration

Malnutrition

Cholesterol

Diabetes

Assessments

Well being

Encouraging appetite

Reducing intake

Increasing intake

Ageing and nutrition

Illness and nutrition

Culture and food

Religion and food

Special diets

Nutritional planning

Food supplements

Swallowing problems

Menu planning

Feeding someone

Feeding aids

Hygiene

... and much more!