

Nutritional Awareness Training

CIEH Level 2 Healthier Food and Special Diets

As part of Northamptonshire County Councils commitment to improving health, we are pleased to be able to offer Nutritional Awareness Training accredited by the Chartered Institute of Environmental Health.

This qualification provides an introduction to nutrition focusing on the Balance of Good Health, dietary requirements of different groups and labelling.

The Chartered Institute of Environmental Health (CIEH) is a professional and educational body dedicated to the promotion of Environmental Health. As well as providing services and information to its members, the CIEH advises Government departments on environmental health and is consulted by them on proposed legislation.

This course comprises six hours training (minimum) completed over 1-3 days. Delivery includes participatory exercises, multi-media, group, individual activities and trainer input.

The course covers the following subject areas:

- The relationship between nutrition, diet and health
- The nutritional requirements of different population groups
- Current policy, legislation and voluntary guidelines
- The effects of food processing on nutrient content
- Nutrition labelling

On completion of the training delegates will complete a multiple-choice test, externally marked by the awarding body. Alternatively arrangements for testing can be discussed with the course tutor, should an individual delegate have problems with this type of assessment.

The Course is aimed at all professionals working within an education and/or catering setting.

Course cost £65 per delegate including registration, course book, assessment and certificate. Discounts are available for group bookings and in-house training. Places are limited to 8-12 delegates per session for maximum delegate benefit.

Please return completed application to:

Healthy Food and Drink Team (TRAINING), Northamptonshire County Council,
John Dryden House, 8-10 The Lakes, Northampton, NN4 7DD
Email food&drink@northamptonshire.gov.uk

Application for training courses

1: TRAINING APPLIED FOR					
Course Title: Level 2 Healthier Food		Cost:	Venue:		
Dates:		Time:			
2: APPLICANT DETAILS (PLEASE PRINT – PLEASE COMPLETE ALL SECTIONS)					
Title:	First Name:		Surname:		
Job Title:					
Work Address:					
Work Tel No:		Work Fax No:			
Work Email:					
Home Address:					
Home Tel No:		Home Fax No:			
Home Email:					
Billing Address:					
Billing Tel No:		Billing Fax No:			
Billing Email:					
GENDER: Male <input type="checkbox"/> Female <input type="checkbox"/>		Do you consider yourself to be disabled? Yes <input type="checkbox"/> No <input type="checkbox"/>			
ETHNICITY	White	Asian/Asian British	Chinese/other ethnic group	Mixed	Black or Black British
	British <input type="checkbox"/> Irish <input type="checkbox"/> Other White <input type="checkbox"/>	Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Other Asian <input type="checkbox"/>	Chinese <input type="checkbox"/> Other <input type="checkbox"/>	White/Black Caribbean <input type="checkbox"/> White/Black African <input type="checkbox"/> White and Asian <input type="checkbox"/> Other mixed <input type="checkbox"/>	Black Caribbean <input type="checkbox"/> Black African <input type="checkbox"/> Other Black <input type="checkbox"/>
Before signing please ensure <u>all</u> sections are complete					
Signature:			Date:		
3: INDIVIDUAL REQUIREMENTS					
Please list any individual requirements (to enable you to attend training) so that we can make the necessary arrangements e.g. dietary requirements, loop system, signer, wheelchair access etc.					
4: MANAGER					
Signature:		Please print name:		Date:	
NB: Details of attendance on this training will be recorded on a database and used for statistical purposes					

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Application for training courses

Level 2 Healthier Food and Special Diets is split into 3 sessions for ease of delivery

- Session A – Introduction to Nutrition & The Balance of Good Health
- Session B – Diet and Health, Nutritional Requirements of Different Groups & Food Labelling
- Session C – Catering for Different Groups, Food Processing and Fortification & Assessment

Each session is approximately 2.5 – 3hrs in duration.

Please note that this form will be used as a guide to plan sessions which best suit the needs of the group. **Priority will be given to those booking early and payment is needed in full 7 working days prior to the course.** We are able to invoice schools for the training cost. Times/venues will be confirmed before payment is taken.

If the delivery times of this course are unsuitable for you, please contact the Training Department to discuss alternative arrangements especially if you have groups with similar needs.

For any queries please contact Healthy Food & Drink Team on **01604 237631**

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