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Nutrition and Hydration



Construction Health & Safety Consultants & Trainers

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Nutrition and Hydration

Why is Nutrition and Hydration important?

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer) and promote your overall health.

The British Nutrition Foundation (BNF)

Who is Nutrition and Hydration training for?

Our Nutrition and Hydration Course is for anyone who works in the health and social care sector and works with service users who require care of some sort.

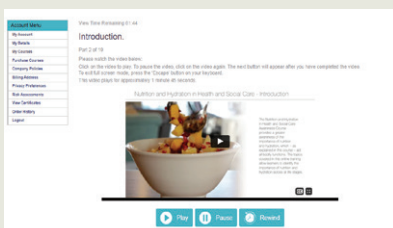
What does the Nutrition and Hydration Course cover?

The Nutrition and Hydration Course answers the following questions:

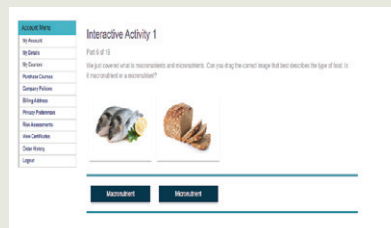
- *What is the importance of nutrition & hydration?*
- *What are macronutrients and micronutrients?*
- *What is a balanced diet?*
- *What legislation protects individuals to ensure they have a balanced, nutritious diet?*

What is the benefit of Nutrition and Hydration training to your business?

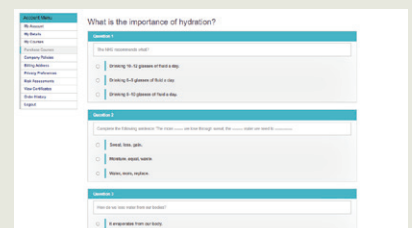
This course will offer your staff quick and effective Nutrition and Hydration training to help them become aware of importance of Nutrition and Hydration for all ages. The training is suitable for private and public sector companies, including community homes (care homes) and other organisations in the healthcare sector.



Video Presentations.



Interactive Games.



Final Exam – Certificates Provided.

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