



Course Objectives

Nutrition Awareness

Introduction

- Explain the principle that all food provides energy and nutrients.
- Describe and name the nutrients in food that provide energy (i.e. protein, fat and carbohydrate) and by how much.
- Describe the role of protein in the body.
- Describe the types of fats and their role in the body.
- Describe the types of carbohydrates (sugar and starch)
- Explain that there are other constituents of food i.e. water, fibre and food additives.

The Balance of Good Health

- State the requirements of a balanced diet.
- Describe the concept and use of the Balance of Good Health model.
- Describe the importance of fruit and vegetables in a healthy diet, including the five-a-day message.
- Identify common sources of each of the following nutrients:
 - *Starchy carbohydrates
 - *Protein
 - *Fat and sugar
 - *Calcium
 - *Salt and Sodium
- Explain the importance of fluids.
- Outline the eight tips for eating well

Diet and Health

- Explain how an excess in energy foods can lead to obesity.
- Explain that high levels of fat in the diet can lead to heart disease.

Nutritional requirements of different groups

- Describe the changing nutritional requirements associated with age (infants, children, adolescents, adults).

Food Processing

- Describe the effects that the following processes on the nutritional content of food:
 - *Cooking
 - *Preservation

Food Labelling

- List the information which is required by law on food packaging
- Describe how nutrition information may be provided.