

ONE DAY COURSE IN NUTRITION AND HEALTH



Would you like to find out more about nutrition and health, the food you eat and your own diet?

Would you like more information about healthy eating to help you in your work and to be able to pass onto your clients?



Would you like to gain a Level 2 National Qualification accredited by the Chartered Institute of Environmental Health (CIEH) and delivered by a CIEH approved trainer?



If so, there is a one day course in Nutrition being held at the Learning Disabilities Federation, 205 Park Road, Wallsend, Tyne and Wear on Wednesday 25th November 2009 from 9.30am to 5pm. The course covers such areas as the types and proportions of foods for a healthy diet; essential nutrients that the body needs; the relationship between diet and health; nutritional requirements of different groups of people; and food labelling.



The cost of the course is £65 which includes light lunch, refreshments, CIEH registration, qualification certificate and a Nutrition book.

If you would like further information or to book a place please contact Janice Hale on:
0780 5615896 or
email: jhale@advancetraining1.co.uk