

# TRAINING 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, book a place on a one day course in Nutrition on Monday 26th April 2010 from 9.30am to 5pm at the Learning Disabilities Federation, 205 Park Road, Wallsend, Tyne and Wear NE28 7NL.



The course covers such areas as the types and proportions of foods for a healthy diet; essential nutrients needed; the relationship between diet and health; nutritional requirements of different groups of people; and how to understand food labels.



The cost of the course is £65 which includes refreshments, light lunch, 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](mailto:jhale@advancetraining1.co.uk)