

# 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 24th May 2010 from 9.30am-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)