

**Mode of Attendance:** Day (Public/Tailored) | **Duration:** 1 Day

---

The REHIS Food and Health course covers the relationship between food and health, fundamental knowledge about food and health, and the Scottish diet. It also covers the science behind the nutritional content of food and the impact it has on the human body whilst also considering wider issues such as labelling, healthy eating, cooking methods and access to foods.

---

#### Course Outline:

- > Basic Nutrition and Eating for Health
- > The Relationship Between Food and Well-being
- > Identifying Different Ways of Preparing and Cooking Foods for a Healthy Diet
- > Understanding the Function of Foods and Fluids
- > Understanding Individual Dietary Needs

**Target Audience:** This course is for those working in staff canteens and school nurseries to restaurants and café bars.

**Entrance Criteria:** There are no entry requirements.

#### FURTHER STUDY OPPORTUNITIES

On successful completion of this course individual may progress onto the REHIS Elementary Food Hygiene.

#### BENEFITS TO THE ORGANISATION

Organisations can be sure that employees who are working with food are confident, responsible and know the relationship between food and health.

#### BENEFITS TO THE INDIVIDUAL

Individuals will gain an appreciation and understanding of food and nutrition and the effects on health.

#### PRICE

The cost for this course is £80 per person.

#### MORE INFORMATION

##### ILA

This course is eligible for an ILA Account. You must provide your ILA account number prior to booking any course.

##### Booking

To book places on any of our food and drink courses, please complete the enclosed booking form and return to Forth Valley College Business Training Centre at the address below along with full payment for the courses booked.