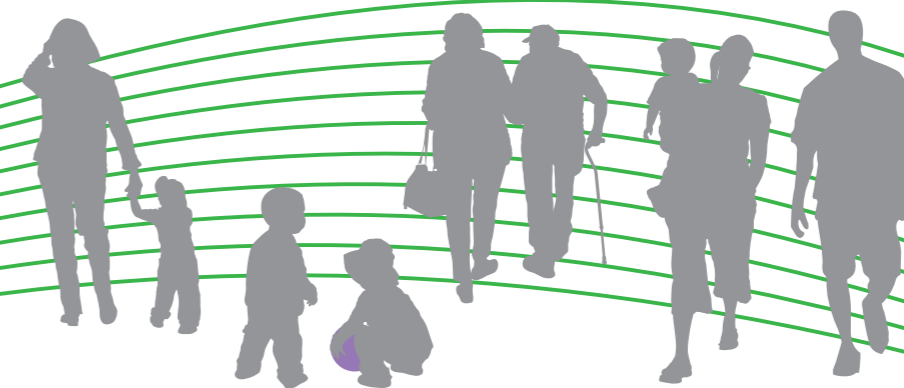


## FOOD, HEALTH & FOOD HYGIENE

Course title	Course overview	Target audience	Learning outcomes
<p><b>Level 2 Award in Healthier Food and Special Diets</b> One day</p>	<p>This course will help you understand the principles of balanced diets and how to plan and provide special diets. All participants are required to undertake a multiple choice exam at the end of the session. <b>Royal Society of Public Health accredited</b></p>	<p>Any staff involved in catering, food, and health related occupations, for example; carers, community workers, fitness trainers and other individuals who have a role in the promotion of healthy eating.</p>	<ul style="list-style-type: none"> <li>• Be able to state sources of essential nutrients and their importance in our daily diet</li> <li>• Understand the main features of special diets and associated health problems that may arise</li> <li>• Gain an insight into considerations to be made when preparing meals for those on a special diet</li> </ul>
<p><b>Healthy Eating in Practice (HEP)</b> Half day</p>	<p>A half day course incorporating the theory essential for professionals wishing to support the delivery of healthy eating messages within their setting.</p>	<p>Any practitioner working with young people or community members who would like to run sessions to promote healthy eating within their setting.</p>	<ul style="list-style-type: none"> <li>• Define the Eatwell Plate and different food groups</li> <li>• Increased confidence in interpreting and comparing food labels</li> <li>• Gain ideas for games or activities to promote healthy eating within own setting</li> </ul>
<p><b>Cooking with groups (CG)</b> One day</p>	<p>A one-day course that will equip participants with the skills, confidence and knowledge to deliver healthy practical cookery sessions within their setting.</p>	<p>Anyone delivering or who wishes to deliver practical healthy eating sessions. It is suitable for individuals who have limited practical cookery skills.</p>	<ul style="list-style-type: none"> <li>• Gain confidence to run a practical cookery session within own setting</li> <li>• Knowledge and confidence of basic practical cookery skills and how to impart these in a group setting</li> <li>• Understand the importance of risk assessment and lesson planning for practical cookery group sessions</li> </ul>

	Dates	Times	Portsmouth workforce	Outside Portsmouth
Level 2 award	Thur 17 May 2012	9.30am - 4.30pm	£115	£200
	Thur 25 October 2012	9.30am - 4.30pm	£115	£200
HEP	Thur 17 May 2012	10am - 12.30pm	No charge	£80
	Tues 23 October 2012	10am - 12.30pm	£80	£80
CG	Tues 12 June 2012	10am - 4.30pm	£15	£100
	Weds 14 Nov 2012	10am - 4.30pm	£15	£100

To book a place on a course please complete a [booking form](#) or email [sorted@portsmouthcc.gov.uk](mailto:sorted@portsmouthcc.gov.uk)  
For any further information please contact the HIDS training co-ordinator on 023 9284 1714



## FOOD, HEALTH & FOOD HYGIENE

Course title	Course overview	Target audience	Learning outcomes
<a href="#">An Introduction to the Relationship between Food, Mood and Behaviour (FMB)</a> Half day	A half day course to enhance participants' knowledge and understanding of the importance of a balanced diet and raise awareness of the emotions and feelings around food and drink and the effect they can have on mood and behaviour.	Any practitioner working with young people or community members who would like to know more about food and the impact it can have on mood and behaviour.	<ul style="list-style-type: none"> <li>Recognise the importance and benefits of a healthy diet</li> <li>Increased awareness of emotions and feelings related to food</li> <li>Greater understanding of how food can affect both mood and behaviour</li> </ul>
<a href="#">Certificate in Food Hygiene Awareness (Level 1) (FHA)</a> Half day	A half day course providing training to a safe level for those who perform low risk tasks such as clearing tables, maintaining stores, delivering meals on wheels and preparing occasional snacks.	Anyone who as part of their role is required to prepare or serve food.	<ul style="list-style-type: none"> <li>Outline the need for food hygiene and its importance in preventing food poisoning</li> <li>Be aware of hygiene procedures to prevent the contamination of food</li> <li>Identify personal and legal responsibilities of food handlers</li> </ul>
<a href="#">Introduction to Nutrition and Hydration for People Working with Vulnerable Adults (INH)</a> Half day	A half day course on how to ensure that the nutrition and hydration needs of vulnerable adults are being met.	All staff working with adults and older persons in residential and day care settings, including supervisors and managers.	<ul style="list-style-type: none"> <li>Understand the importance of good nutrition and hydration in maintaining wellbeing</li> <li>Be able to recognise the signs and symptoms of poor nutrition and hydration</li> <li>Have a good awareness of how to both prevent and address concerns related to nutrition and hydration</li> </ul>
<a href="#">Level 2 Award in Food Safety in Catering (FSC)</a> One day	A one-day course that covers the basic principles of food hygiene for caterers and other food handlers. All participants are required to undertake a multiple choice exam at the end of the session with all successful participants receiving a recognised basic food safety qualification <b>accredited by Royal Society of Public Health.</b>	All staff where preparing food is a significant part of their role e.g. cooks, kitchen assistants and some carers.	<ul style="list-style-type: none"> <li>Be aware of legal responsibilities in relation to food safety</li> <li>Gain understanding of the requirements of personal hygiene procedures, and how to keep work areas clean and hygienic</li> <li>Knowledge of how to receive and store food safely</li> </ul>

	Dates	Times	Portsmouth workforce	Outside Portsmouth
<b>FMB</b>	Thur 5 April 2012	9.30am - 12.30pm	No charge	£80
	Tues 18 Sept 2012	9.30am - 12.30pm		
<b>FHA</b>	Thur 5 April 2012	9.30am - 12.30pm	No charge	£80
	Thur 14 June 2012	9.30am - 12.30pm	(subject to	£80
	Thur 11 October 2012	9.30am - 12.30pm	qualifying	£80
	Weds 30 January 2013	9.30am - 12.30pm	criteria)	£80

	Dates	Times	Portsmouth workforce	Outside Portsmouth
<b>INH</b>	Thur 5 July 2012	9.30am - 12.30pm	No charge	£80
<b>FSC</b>	Thur 19 April 2012	9.30am - 4.30pm	£60	£150
	Thur 19 July 2012	9.30am - 4.30pm	£60	£150
	Thur 15 November 2012	9.30am - 4.30pm	£60	£150
	Fri 15 February 2013	9.30am - 4.30pm	£60	£150