



Eat the Elephant

'Helping people achieve the objective'

Essential People Development skills

Healthy Nutrition

Who is it for ?

Anyone working with preparing and serving food to increase nutrition awareness and the ability to share information.

Typical Objectives

- Explain what is meant by a healthy diet
- Identify the five food groups and explain their impact on a balanced diet
- Understand the implications of special dietary requirements
- Identify the barriers to healthy eating and ways to overcome them

Indicative Outline Content

- **What is meant by a healthy diet**
- **Balance**
- **The effects of nutrients on health**
- **Nutritional requirements of children and adolescents**
- **Special dietary requirements**
- **Barriers to healthy eating**

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