

Level 1 Awards

Level 1 Award in Food Safety, Nutrition and Hydration (1.5hrs)



Aim

To help healthcare support workers and adult social care workers to understand how to prepare and handle food safely and hygienically and understand the importance of good nutrition and hydration.

Learning Objectives

- Understand food safety, including hygiene, in the preparation and handling of food
- Be aware of the importance of good nutrition and hydration in maintaining health and wellbeing
- Recognise signs and symptoms of poor nutrition and hydration
- Understand adequate nutrition and hydration

Certification

Successful candidates will be issued with a certificate valid for 3 years.

Accreditation

External accreditation is available for this course, if required, through Advantage Accreditation. Additional costs will apply, please contact us.

Mapped To

Care Certificate Standard 8 – Fluids and Nutrition

Contact our friendly team for details...