



We're all becoming much more aware of the link between the food we eat and our health. If you're involved in planning menus and preparing food for other people, particularly vulnerable groups such as children and the elderly, how can you make sure your food is healthy and nutritious?

The [Chartered Institute of Environmental Health \(CIEH\)](#) has launched the Level 2 Award in Healthier Food and Special Diets, an accredited nutrition qualification, in the light of increased interest in this subject.

CIEH Level 2 Award in Healthier Food and Special Diets

1 day course suitable for those involved in planning recipes and menus, or anyone with an interest in healthier eating.

Whether you're working in a catering business or not, this course will provide you with all the information you need to prepare nutritious food, create healthy recipes and cater for a range of special dietary requirements. You'll also be signposted towards a wide range of further resources and sources of information. The syllabus includes:

- Introduction to food groups and nutrition
- The well balanced diet
- The relationship between diet and health
- Nutritional requirements of different groups
- Catering for these groups
- Food processing and labelling
- Plus action planning - how to use what you've learned

Cost: £70 + vat per person (includes exam fee and certificate)

Employers: Flexible rates available for in-house courses-

www.simplythebesttc.co.uk Tel 01443 670267