**The Chartered Institute of Environmental Health (CIEH)**

**Level 1 Award in Nutrition**

**Free training**

**West Lancashire Borough Council is offering a free half day accredited nutrition course on Tuesday 23 February 2016 (9.30am – 1.00pm**). The course will be held in Ormskirk Council Offices. Course attendees will receive a free nutrition handbook and course hand-outs

**About the course**

The CIEH Level 1 Award in Nutrition is accredited by the CIEH.

The course has been designed to provide a good, basic understanding of nutrition. The first part of the training will look at the key nutrients found in food, their functions and the type of foods they are found in. The course will also look at the importance of fluid and fibre in the diet. The second part of the training course will look at the importance of a balanced diet and the nutritional requirements of the needs of specific groups of people.

The course is aimed at anyone who is involved in preparing and serving food to the general public or those who may be involved in encouraging or promoting healthy food choices to children or adults or to anyone who would like a basic knowledge of nutrition and its relationship to health.

The course is also suitable for voluntary workers, those who work in the healthcare, education and the sport and leisure sector.

**Entry requirements**

There are no prior learning requirements for the qualification.

 **Assessment**

Learners are assessed by an examination paper consisting of 15 multiple choice questions. The pass mark is 10 correct answers. There is a maximum time limit of 30 minutes to complete the examination.

To book a place on the course please contact Debbie Young , Health Education Officer on 01695 585253 or e-mail debbie.young@westlancs.gov.uk

Places on the course are limited so please book early. The closing date for the booking of places is Monday 8th February 2016