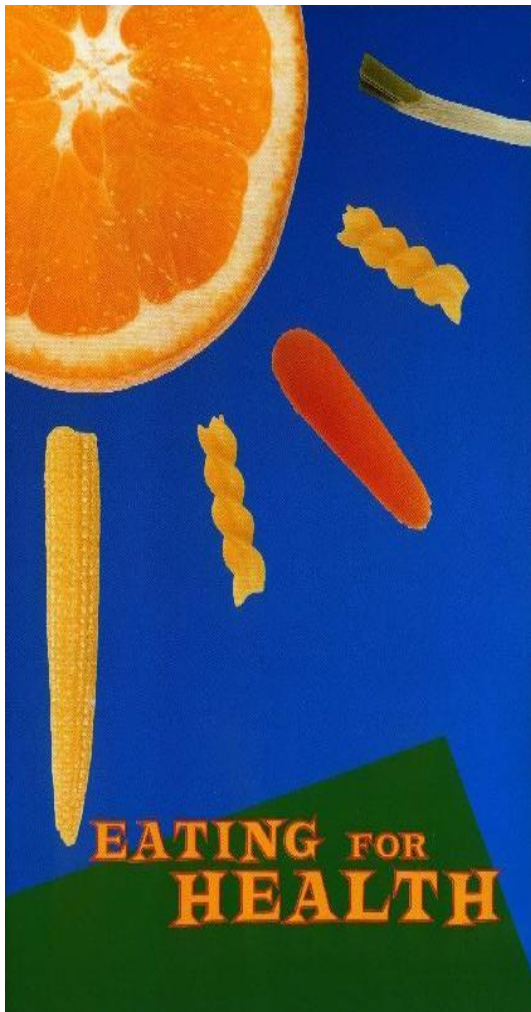


Environmental Health



Training Courses In Food & Health

Elementary Food and Health Course

Do you have an interest in Food, Health & Nutrition?

Do you want to improve your diet and that of others?

Then read on as Aberdeenshire Council Environmental Health Service has the training course YOU have been looking for.....

Ask yourself these questions?

Are you responsible for the health of yourself and others?

Do you work in the food industry, and are involved in menu planning?

Do you want to help to improve the health of the people of Scotland?

Do you want to hold a National recognized Qualification?

Is your answer YES?

REHIS Elementary Food and Health Course

6 hour course

Can be done in one day or over two evenings,
depending on demand

Short multiple choice questionnaire

Includes all course notes and handouts

Formal Certificate

Courses held throughout Aberdeenshire, or if sufficient numbers held in your business premises

REHIS – Royal Environmental Health Institute of Scotland

Course Content

An Introduction to Food and Health

Including the reason for having a balanced diet

The Function of Food

Including how each nutrient works

Energy Measures and Influences on Food Intake

Including understanding the influences to nutritional needs

Eating for Health – Food and Well Being

Including how to plan for a healthy food future

Putting it All Together – Action Planning

Including how your new knowledge CAN make a difference

The eatwell plate



There are plenty opportunities for asking questions throughout all stages of the course

