



## Nutrition & Well-being

Food has always played a large part in our lives and for most; it can be a very enjoyable experience. This course covers many different aspects of food and nutrition and the issues you need to be aware of.

The course will deliver take you through a multimedia presentation covering the following topics ending in an online quiz to test your knowledge and understanding.

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### Topics covered

- Personal choice
- Nutritional Screening
- Promoting independence
- Diet and well-being
- Nutritional Values
- Legislation
- Culture
- Food Handling