

# NUTRITION AND DIET



## Product Syllabus:

- Healthy eating
- Promoting choice
- Nutrients and food groups
- Vitamins
- Dehydration
- Malnutrition
- Cholesterol
- Diabetes
- Assessments
- Wellbeing
- Encouraging appetite
- Reducing intake
- Increasing intake
- Ageing and nutrition
- Illness and nutrition
- Culture and food
- Religion and food
- Special diets
- Nutritional planning
- Food supplements
- Swallowing problems
- Menu planning
- Feeding someone
- Feeding aids
- Hygiene



Mulberry House