Nutrition and Hydration

If you are part of a team responsible for people's nutrition and hydration, it's important that you understand the terms that are being used, the nutritional requirements of the service users and the possible consequences of getting it wrong.

This course will start by defining the various terms used when talking about nutrition and hydration in care environments, the basic elements of nutrition and eating a healthy balanced diet, identify the reasons why vulnerable people might suffer with dehydration and the tools you can use to identify people that are at risk of malnutrition and the steps you can take to deal with this condition.

Course	Module Number	Module Name	Pass % Required
Nutrition and Hydration	1	The Course Structure	70
Nutrition and Hydration	2	Defining the Terms	70
Nutrition and Hydration	3	The Eatwell Plate	70
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Nutrition and Hydration	5	Through-life Nutrition	70
Nutrition and Hydration	6	Malnutrition and Overnutrition	70
Nutrition and Hydration	7	The 'Malnutrition Universal Screening Tool'	70

Recommended System Requirements
• Operating System: Windows 7+ or Mac OSX (10.8+)
• Browser: A modern and up to date web browser
• Video: Up to date video drivers
• Memory: 1Gb+ RAM
• Additional Software: Flash Player (latest version)
• Download Speed: Broadband (3Mb+)

Duration: 65 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions*).