



REHIS Elementary Food and Health

Duration: 1 day

Cost: £75.00

This Royal Environmental Health Institute of Scotland course is designed to provide nutritional information for people working in a wide range of catering facilities – from parents to people working in staff canteens, school kitchens, hospitals, care homes, nurseries, restaurants and cafes.

The course has been developed in conjunction with the Scottish Executive, NHS Scotland, the Food Standards Agency Scotland, the Scottish Community Diet Project and Scottish Healthy Choices Award.

The course examines basic nutrition and eating for health; the relationship between food health and well-being: making appropriate and effective quantitative and qualitative dietary changes.

Candidates receive a course handbook and immediately after the course, sit a short multiple choice examination.

