



## Course Overview

To eat is a necessity, but to eat intelligently is an art. It is essential that we support people to take care of their bodies. It is the only place they have to live. This course is a refresher for people who have already done the Care Certificate.

## Course Content

1. Describe the importance of food safety, including hygiene, in the preparation and handling of food
2. Explain the importance of good nutrition and hydration in maintaining health and wellbeing
3. List signs and symptoms of poor nutrition and hydration
4. Explain how to promote adequate nutrition and hydration
5. Check that drinks are within reach of those that have restrictions on their movement / mobility
6. Check that drinks are refreshed on a regular basis
7. Check that individuals are offered drinks in accordance with their plan of care
8. Support and encourage individuals to drink in accordance with their plan of care
9. Support individuals to access fluids - Report any concerns to the relevant person.
10. Ensure any nutritional products are within reach of those that have restrictions on their movement / mobility
11. Check food temperature, care plans and the individual is able to eat it
12. Check appropriate utensils are available to enable the individual to meet their nutritional needs as independently as possible
13. Support and encourage individuals to eat in accordance with their plan of care
14. Support individuals to access food - Report any concerns to the relevant person

**Course Duration** 1 hour

**Developed** in partnership with a nutritionist.

### Accessibility

To change your accessibility settings or translate the course into another language, sign into your Click account before taking this course.

### Assessment and Certification

Sign in to your Click account before you take this course to take the assessment and immediately access/download your certificate upon successful completion.

### Quality Marks

**CPD  
CERTIFIED**  
The CPD Certification  
Service