

# Elementary Certificate in Food and Health

## Description

**This course has been designed to provide candidates with a basic knowledge of the link between diet and health. This knowledge can be put into practice in a number of settings from school dining halls and workplace canteens to community cafes and in the home.**

This is a Royal Environmental Health Institute of Scotland (REHIS) course that can only be accessed through an approved centre, like Caledonia. The course was developed in conjunction with a partners group comprising: NHS Health Scotland, the Scottish Executive, the Food Standards Agency Scotland, the Scottish Community Diet Project and the Healthyliving Award.

## Duration

A minimum 6 hours (excluding breaks) over one full day, consisting of theoretical and practical elements including group work.

## Syllabus

A wide range of subjects is covered including:

- Introduction to the relationship between food and health
- The function of food
- Energy measures and influences on food intake
- Eating for health – food and wellbeing
- Putting it all together – action planning

## Certification

On completion of the course, candidates will sit a multiple-choice examination to test their understanding of the course material. Candidates who pass the examination will be awarded the REHIS Elementary Food and Health Certificate.

## Numbers

A maximum of 10 students can be accommodated on this course and each participant must be aged 18 years or above.

## Location

If the premises are suitable, it may be possible to deliver this course on the client's site, or within Caledonia's Training and Development Centre if preferred.