

CPD Course in Food Hygiene & Healthy Eating

Open Learning Programme Information

CONTENTS: 4 Modules

Module 1 Healthy Eating:
Introduction to Healthy Eating
The Basics
Recommendations for Healthy Eating

Module 2 Vitamins and Minerals:
Sources and functions of vitamins and minerals
Why are they so important?

Module 3 Specific Healthy Eating Issues:
Introduction
Vegetarians
The elderly and infirm
Obesity
Cardiovascular and coronary heart disease
Cancer
Iron deficiency

Module 4 Food Hygiene:
Legislation
What is food hygiene?
Food contamination
Food poisoning
How bacteria multiply
Preventing food poisoning
Personal hygiene
Safe food preparation
Cleaning and disinfecting
Food storage
Waste disposal and pest control
Buildings and equipment