

## Fluids & Nutrition in Health & Social Care

All staff working in health or social care settings should be able to recognise when a person is not eating or drinking properly and should be aware of food safety. This course provides health and care workers with the skills and knowledge to ensure that patients and service users receive the appropriate level of hydration and nutrition. It also covers the importance of food safety and explains the 4 Cs. This course has been mapped to the Care Certificate standards and the CSTF for health.



### Course details

- One module with a multiple-choice questionnaire
- One CPD credit\*
- Optional narration of the course module and questionnaire for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable module for future reference

\*1 CPD credit equals up to 1 hour of learning

### Course content

#### The purpose of the course is to help you understand:

- The six different groups of nutrients our bodies need daily and where to find them
- The Eatwell Guide
- What poor nutrition means and the signs and symptoms
- Calories and what the body needs
- Meal planner activity to ensure a balanced diet
- The signs and symptoms of dehydration
- Nutrition risk assessment
- Tips to help promote good nutrition and hydration
- Assisting with the intake of food and drink
- What to do if you have a concern
- Food safety and the 4 Cs approach



### This course is suitable for

Anyone working in a health or social care setting.

Contents

Fluids and Nutrition  
**The Eatwell Guide**

To ensure we eat the foods that will provide these nutrients, Public Health England has issued 'The Eatwell Guide', which recommends the types of food we should be eating. A copy is available in the 'Resources' tab.

Click each segment to find out more.

Contents

Fluids and Nutrition  
**Introduction**

There are six different groups of nutrients which our bodies need daily. These are:

**Fibre** is needed for a healthy digestive system and helps to eliminate waste products.

Click each icon to find out more.

Contents

Fluids and Nutrition  
**Menu**

Click the buttons below to view each section of the course.

- Nutrition
- Fluids
- Nutrition risk assessment
- Promoting nutrition and hydration
- Food safety
- Summary

## Key features

- Visually engaging and highly interactive
- Tips to help you put knowledge into practice
- Answer explanations for those who achieve the pass mark
- Additional resources to expand learning.

## Purchase options

1. Available as a standalone course on the EduCare website.
2. Buy as part of one of our multi-course licences. For further information, please call 01926 436212 to discuss purchase options and licences.



## Why choose us?



“ The courses are well written and use a variety of formats and exercises to vary the learning, maintain interest and reinforce subjects. The tests at the end also ensure that learning has taken place. It's also great that the courses are continually being updated. ”

**Dave Cartlidge**  
Training Manager, Wrixon Care

www.educare.co.uk  
01926 436 211  
online@educare.co.uk

