

The Royal Environmental Health Institute of Scotland



The Food and Health Course for Carers of Adults with a Learning Disability

Syllabus

Minimum teaching time –9 hours

It is recommended that the course is run over 2 days

Introduction

Aim: The aim of the course is to

- Provide participants with the knowledge and appreciation of the role of nutrition and health to help them support service users with regard to the provision of food and food choices.

All outcomes and objectives to be prefixed by the words: The expected outcome is that the course participant will be able to:

Outcomes:

- Gain an awareness of the health needs of adults with a learning disability
- Appreciate the relationship between food and health
- Gain the knowledge to be able to promote a well balanced diet for the service users that they support
- Feel confident to be able to support service users to make informed choices about the foods that they eat.

1. An Introduction to Food and Health

Objectives

- 1.1 Understand the definition of a learning disability
- 1.2 Gain an awareness of the impact of diet on health
- 1.3 Appreciate the health needs of adults with a learning disability
- 1.4 Recognise that food has a role in obesity and low body weight

2. Eating for health and wellbeing

Objectives

- 2.1 Identify each of the 5 food groups on the Eatwell guide and be aware of the main nutrients that they contain
- 2.2 Understand the role of the Eatwell guide model to support a healthy well balanced diet
- 2.3 Use the Eatwell guide model as a tool to guide and evaluate food choices
- 2.4 Appreciate the importance of an adequate fluid intake
- 2.5 Understand the role of vitamins and minerals

3. Understanding energy balance

Objectives

- 3.1 Understand energy balance and its influence on body weight
- 3.2 Understand that different people have different needs for energy
- 3.4 Appreciate the role of physical activity on energy balance and body weight

4. Health Issues in people with Learning Disabilities

Objectives

- 4.1 List the health risks associated with obesity
- 4.2 Identify the causes of constipation and state ways to improve the diet of a service user who is constipated
- 4.3 Appreciate the role of food and drinks in oral health
- 4.4 Be aware of the causes of low body weight and the importance of identifying undernutrition
- 4.5 State ways to improve the diet of a service user who is underweight
- 4.6 Gain an awareness of food allergies and intolerances

5. Menu planning

Objectives

- 5.1 Appreciate the influences on food choice
- 5.2 Recognise barriers affecting food choice for adults with a learning disability
- 5.3 Consider ways in which service users can be supported to make healthier informed food choices
- 5.4 Identify and assess the nutritional information on a food label
- 5.5 Use the Eatwell guide model to review a weekly menu plan
- 5.6 Use their knowledge of food and health to plan a menu for service users in a variety of settings
- 5.7 Apply their knowledge to a variety of case study examples

6. Additional resources

Objectives

- 6.1 Have an awareness of the various food policies and documents relating to people with a learning disability

7. Revision and Examination

- 7.1 Revision as required – course summary
- 7.2 Evaluation
- 7.3 Examination

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