

***The Royal Environmental Health
Institute of Scotland***



Introduction to Food & Health Course

Syllabus

Minimum teaching time – 3 hours

*The Royal Environmental Health Institute of Scotland is a registered Scottish Charity,
No SC009406*

Aim: the aim of the course is to

Provide participants with a basic understanding of healthy eating, nutrition and health

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

GENERAL INTRODUCTION

Objectives

Appreciate the needs and expectations of other course participants

Identify their current understanding of the relationship between food and health

1. An Introduction to food and health

Objectives

- 1.1 Appreciate the importance of a healthy diet
- 1.2 Gain an awareness of the impact of diet on health
- 1.3 Understand the main health risks associated with a poor diet

2. Eating for health and wellbeing – The Eatwell Guide

Objectives

- 2.1 Identify the 5 food groups on the Eatwell Guide
- 2.2 Give examples of foods from each group
- 2.3 Be aware of the main nutrients in each food group
- 2.4 Understand the key messages of the Eatwell Guide

3. Putting healthy eating into practice

Objectives

- 3.1 Use the Eatwell guide as a tool to guide food choices
- 3.2 Be aware of the barriers to eating a healthy diet
- 3.3 Use the information on a food label to make healthier choices