

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

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 value of having a balanced diet
- 1.2 Consider the barriers to eating a healthy diet
- 1.3 Explore their views on the consequences of eating habits on health
- 1.4 Think about the influences on food choices in the completed Food Diary Forms

2. The Function of Food

Objectives

- 2.1 Understand the role of Carbohydrate, Protein, Fat and Fibre
- 2.2 Understand the implications of fluid and alcohol intake
- 2.3 Understand the role of vitamins
- 2.4 Understand the role of minerals and trace elements
- 2.5 Identify common dietary sources of each of the main nutrients

3. Energy Measures and Influences on Food Intake

Objectives

- 3.1 Understand energy balance and its influence on body weight
- 3.2 Understand that different people have different needs for energy
- 3.3 Appreciate the influence of gender and age on energy balance
- 3.4 Recognise that certain groups have specific nutritional needs
- 3.5 Consider the role of food in long term conditions, e.g. diabetes and coeliac disease and recognise that food has a role in food allergies and intolerances
- 3.6 Recognise the role of a balanced diet in the prevention of diet related diseases
- 3.7 Appreciate the influences of life circumstances on dietary habit e.g. social, cultural and religious
- 3.8 Have a good understanding of food and psychological well-being, social relationships and self esteem

4. Eating for Health - Food and Well Being

Objectives

- 4.1 Be able to use the 'Eatwell Guide' model as a tool to guide and evaluate food choices
- 4.2 Be able to use the 'Eatwell Guide' model to review the completed food diary forms
- 4.3 Identify different ways of choosing, preparing and cooking foods for a healthy diet
- 4.4 Identify and assess the nutritional information on a food label

5. Putting It All Together – Action Planning

Objectives

- 5.1 Have a good understanding of the various food policies and initiatives/projects in Scotland
- 5.2 Be able to use their knowledge of food and health to work through and improve the food in a variety of settings

6. Revision and Exam

- 6.1 Revision as required – course summary
- 6.2 Evaluation
- 6.3 Exam

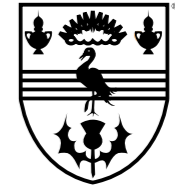
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The Royal Environmental
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SYLLABUS

Elementary Food
and Health Course

Minimum teaching time 6 hours

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