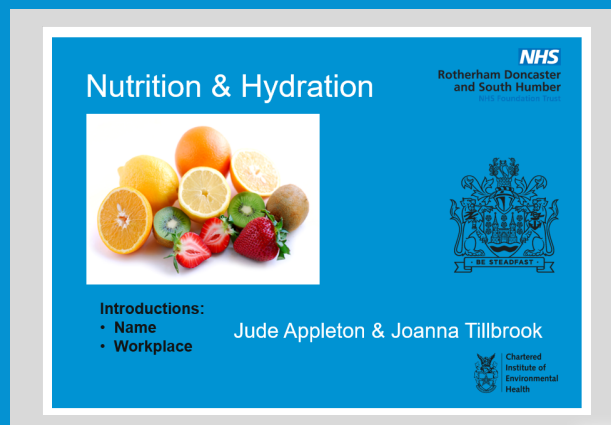


# BASIC NUTRITION & HYDRATION COURSE

**This Course Is Aimed  
All staff working in  
Adult Social Care**

**it is also the starting  
point for anyone  
wanting to become a  
Link Champion**

**Start Your Learning Journey Today!**



**Courses are held every four weeks and  
are bookable through Doncaster Councils  
Developing You website.**

# Basic Nutrition & Hydration

## **By the end of this course you will be able to:**

- Explain the main nutrient groups – what they provide for a healthy body
- Understand what factors may prevent us from eating and/or drinking healthily.
- Know what ‘The Eatwell Plate’ looks like
- Understand how different nutrient groups interact with each other
- Recognise the signs and symptoms of poor nutrition and/or hydration – Using the Malnutrition Universal Screening Tool (MUST)
- Know how poor diet may contribute to certain medical conditions and how some medical conditions might affect what and how we eat
- Know the effect of some medications on the diet
- Know how to adapt food to add nutritional value - Food First Approach
- Understand the importance of hydration
- Know how to increase hydration
- Know who is responsible for monitoring food and drink intake and how this can be achieved
- Use of Food and Fluid records
- Be aware of how some equipment can help improve food and fluid intake
- Sources of support