
Fluids and Nutrition in Care Training

For more information, visit our [Fluids and Nutrition in Care Training](#) webpage.

COURSE CONTENTS

This training course is broken down into 3 sections

- 1 Nutrition and Hydration
- 2 Food Safety
- 3 Promoting Adequate Nutrition and Hydration

LEARNING OUTCOMES

- ✔ Understand what good nutrition involves and how to spot if your patients aren't getting what they need to stay healthy
- ✔ Learn about food safety, what the risks are and how to avoid them, and who is most at risk from contamination
- ✔ Consider how you can support and promote access to the fluids, foods, and nutrients the people in your care both need and want

ABOUT THIS COURSE

What we put into our body is vital to our health and wellbeing, this is a particular concern for those living in Care. It is vital that those living in Care get the **proper nutrients** and **diet** that they need as (in some cases) they are more susceptible to illness.

As well as knowing what **fluids, foods and nutrition** patients will need and how to handle food safety, employees in Care will also know what signs and symptoms of poor nutrition & hydration to look out for.

Employees will learn the importance of good nutrition & hydration and why it is important for maintaining good health and wellbeing in Care residents.

Standard 8 of the Care Certificate - Fluids & Nutrition - ensures that staff:

- understand principles of hydration, food safety & nutrition
- help individuals to have access to fluids which sits in line with their care plan
- help individuals to have access to food and nutrition in line with their care plan

For more information about **Food Safety & Hygiene (Level 1 & 2)** in the Workplace or Food Allergens, take a look at our [Food Safety & Hygiene](#) bundle.

You can [access our free worksheet](#) that has been designed to accompany our online Fluids and Nutrition in Care Training course. In each section, there is a box for you to tick when you have watched the relevant slide in our course. You can also take notes that will help you during your practical assessment at work.

This course works in partnership with our 14 other awareness courses that make up the [Care Certificate](#).

