



# Tyne & Wear Care Alliance

Supporting workforce development  
throughout the independent care sector

## Nutrition Awareness

Jan 31st 2012

1-30-4pm

£10 per person

### Learning Outcomes

- ◆ Explain the importance of Nutrition
- ◆ Discuss the different food groups and their role in a balanced diet
- ◆ Explore, discuss and feedback on menu plans to reflect individual needs
- ◆ Recognise signs and symptoms of malnutrition and dehydration
- ◆ Consider the reasons why people are unable to choose and enjoy their food
- ◆ The role of the worker

**This seminar is being funded via the Newcastle Network Development Fund. A charge £10 per delegate to cover the cost of the venue and refreshments**

### Venue :

**West End Customer  
Service Centre  
Condercum Rd  
Benwell  
Newcastle  
NE4 9JH**

**There is a car park  
available**

**Training room is on  
the ground floor**

For further information contact Pauline Wiper at the Tyne and Wear Care Alliance on 0191 5484015 or email on [Pauline.wiper@sunderland.gov.uk](mailto:Pauline.wiper@sunderland.gov.uk).