



Bradford Nutrition and Dietetics
Leading Nutrition Improvement

Food and Nutrition Training Programme

**A prospectus for staff and
workers within the
Bradford District.**

April 2022 — December 2022

Welcome

This prospectus provides information on a wide range of courses offered to people working in the Bradford District who provide food and nutrition advice to families, patients and /or the public.

We are a long established team of Registered Dietitians and Dietetics Assistant Practitioners, specialising in public health nutrition and have been providing quality assured and evidence based training and development on a comprehensive range of food and nutrition topics and conditions for many years.

For a complete list of courses offered this year, please refer to the Food and Nutrition Training Programme 2022 on pages 20-21.

Details on how to book onto a course can be found in the aims and objectives for each training session.

We look forward to working with you.

Zak Ansari RD

Public Health Nutrition Dietitian/Team Lead

General enquiries regarding these courses can be sent to

dietitians.office@bthft.nhs.uk

or you can contact:

Sue Bradley, Course Administrator on 01274 365387.

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Key:

- Nutrition Through Life Stages
- Nutrition Awareness
- Nutrition & Health Conditions

Nutrition for 1 to 5 Year Olds

This course aims to provide a practical, evidence based overview of the specific nutritional requirements and developmental stages for infants aged 12 months to 5 year olds and how this is translated into key messages and practical advice on food and diet that is socially and culturally acceptable.

Learning Objectives

On completion of this course, participants will be able to:

- List common food and nutrition issues that can occur in 1—5 year olds.
- Discuss healthy eating messages for families with under 5s
- Provide practical meal and snack ideas for 1-5 year olds
- List strategies and interventions designed to improve the nutrition and diet of 1-5 year olds
- Identify reliable resources and UK guidelines on food and health for infants aged between 1-5 year olds.

Training dates available:

Tuesday 26th April 2022 (online—Microsoft Teams)

09:15-12:00

Thursday 15th September 2022 (classroom)

09.15am-12.30pm

Nutrition Learning Centre, C1

C Block, St Luke's Hospital.

Little Horton Lane. Bradford. BD5 0NA

Nutrition for Primary School Children

The aim of this course is to provide a practical, evidence-based overview and update for those working with primary school aged children in any setting who wish to:

- Update their knowledge of nutrition for 5—11 Year Olds
- Ensure that any activities and work that they are doing which influences the food and dietary intake of primary school aged children is promoting consistent and appropriate messages and safe and optimum nutrition for this group

Learning Objectives

On completion of this course, participants will be able to:

- List common food and nutrition issues in for 5-11 year olds
- Identify key messages and practical advice on food and diet that are socially and culturally appropriate
- Find reliable resources and sources of information on food and health for 5– 11 Year olds
- Discuss strategies and interventions to improve nutrition and diet in various settings for primary school children.

Training dates available:

Thursday 28th April 2022 (online—Microsoft Teams)

09:15-12:00

Tuesday 11th October 2022 (classroom)

09.15am-12.30pm

Nutrition Learning Centre, C1

C Block, St Luke's Hospital.

Little Horton Lane. Bradford. BD5 0NA

Nutrition for Teenagers

The aim of this course is to provide a practical, evidence-based overview and update for those working with secondary school aged children and young adults in any setting who wish to:

- Update their knowledge of nutrition for this group
- Ensure that any activities and work that they are doing which influences the food and dietary intake of 13- 19 year olds is promoting optimum nutrition for this group

Learning Objectives

On completion of this course, participants will be able to:

- List common food and nutrition issues for teenagers
- Discuss the Eat Well Guide in relation to teenagers dietary requirements
- Provide key messages and practical advice on food and diet that is socially and culturally appropriate for Bradford teenagers
- Identify reliable resources and sources of information on food and health in this age group

Training dates available:

Wednesday 4th May 2022 (online—Microsoft Teams)

09:15-12:00

Tuesday 18th October 2022 (classroom)

09.15am-12.30pm

Nutrition Learning Centre, C1

C Block, St Luke's Hospital.

Little Horton Lane. Bradford. BD5 0NA

Nutrition for Older Adults

This course aims to provide a practical, evidence based overview and update for those working with older adults in any setting who wish to:

- Update their knowledge of nutritional requirements for older adults
- Ensure that any activities and work that they are doing which influences the food and dietary intake of older people is promoting consistent and appropriate messages for this age group.

Learning Objectives

On completion of this course, participants will be able to:

- List common food and nutrition issues faced by older adults
- Explain the Eat well guide and key messages and practical advice on food and diet that is socially and culturally appropriate for older adults in Bradford.
- Identify reliable resources and sources of information on food and health for older adults
- Discuss strategies and interventions to improve nutrition and diet in various settings for older people.

Training dates available:

Wednesday 11th May 2022 (online—Microsoft Teams)
09:15-12:00

Thursday 27th October 2022 (classroom)
09.15am-12.30pm
Nutrition Learning Centre, C1
C Block, St Luke's Hospital.
Little Horton Lane. Bradford. BD5 0NA

Eating Well for Adults (Part 1)

The aim of this course is to provide a practical, evidence based update on healthy eating for adults, translating current UK government guidelines into key messages and practical advice on food and diet for people living in Bradford.

Learning Objectives:

On completion of this training course, participants will be able to:

- Explain the need for key nutrients including proteins, fats, carbohydrates, vitamins and minerals in the diet.
- Identify all 5 food groups in the Eat Well Guide (2016).
- List the 'Eight tips for healthy eating'
- Identify reliable resources and websites for UK food, health and nutrition information
- Receive information regarding the second part of the course, Eating Well for Adults (Part 2)

Training dates available:

Tuesday 17th May 2022 (online—Microsoft Teams)

09:15-12:00

Tuesday 1st November 2022 (classroom)

09.15am-12.30pm

Nutrition Learning Centre, C1

C Block, St Luke's Hospital.

Little Horton Lane. Bradford. BD5 0NA

Eating well for Adults (Part 2)

This course follows on from the 'Eating well for Adults (Part 1)' and provides a practical, evidence based overview for those providing advice on food and nutrition in any setting who wishes to update their working knowledge of Public Health nutrition messages.

Learning Objectives:

On completion of this training course, participants will be able to:

- Translate government healthy eating guidelines into appropriate messages and practical advice on food and diet that is socially and culturally acceptable.
- Explain current food labelling guidelines including the traffic light system
- List current local and national healthy eating initiatives and available resources
- Signpost to reliable resources on food and health for general healthy eating information.
- Develop strategies, interventions and practical tools that can be applied when promoting healthy eating in various

Training dates available:

Wednesday 25th May 2022 (online—Microsoft Teams)
09:15-12:00

Tuesday 8th November 2022 (classroom)
09.15am-12.30pm
Nutrition Learning Centre, C1
C Block, St Luke's Hospital.
Little Horton Lane. Bradford. BD5 0NA

Diet & Culture

The aim of this course is to raise awareness of the dietary practices of the South Asian, Central and Eastern European, African-Caribbean, African and Middle Eastern communities living in the Bradford District.

Learning Objectives:

On completion of this course participants will be able to:

- Understand how faith may influence food choices and selection in these specific communities
- Describe cultural dietary practices and traditions of the different communities
- List and recognise commonly used staple foods associated with each community
- Discuss the current health needs and nutritional issues affecting these communities
- Discuss practical healthy eating messages and strategies for improving nutritional health in these communities
- List reliable and evidence based source of further information and support for these communities.

Training dates available:

Thursday 26th May 2022 (online—Microsoft Teams)

09:15-12:00

Wednesday 23rd November 2022 (online—Microsoft Teams)

09:15-12:00

5 A Day (How to eat a rainbow)

The aim of this course is to provide a practical, evidence based update on the 5 a day message; translating current UK government guidelines into key messages and practical advice.

Learning Objectives

On completion of this course participants will be able to:

- Describe the current trends in fruit and vegetable consumption in the UK
- List the short and long term benefits of eating 5 a Day
- List the key nutrients found in fruit and vegetables and their impact on health and wellbeing
- Describe portion sizes and what counts as 5 a day.
- List practical strategies on improving fruit and vegetable consumption across all ages
- Signpost service users, families and the public to sources of further useful information and support

Training dates available:

Wednesday 8th June 2022 (online—Microsoft Teams)
09:15-12:00

Tuesday 29th November 2022 (classroom)
09.15am-12.30pm
Nutrition Learning Centre, C1
C Block, St Luke's Hospital.
Little Horton Lane. Bradford. BD5 0NA

Eating Well On A Budget

The aim of this course is to understand how a nourishing and balanced diet can be established within a limited budget.

Learning Objectives

On completion of this course participants will be able to:

- List factors which predispose individuals living in the Bradford district to food poverty
- Understand the prevalence of food poverty in Bradford and its effects on vulnerable individuals
- Discuss how a balanced diet can be achieved on a limited income
- List practical strategies and tips on how to make meals and snacks more nourishing within a restricted budget
- List useful sources of further information and support services specific to those affected by food poverty.

Training dates available:

Thursday 16th June 2022 (online—Microsoft Teams)

09:15-12:00

Thursday 1st December 2022 (classroom)

09.15am-12.30pm

Nutrition Learning Centre, C1

C Block, St Luke's Hospital.

Little Horton Lane. Bradford. BD5 0NA

First Line Adult Weight Management

The aim of this course is to provide a practical, evidence based overview for those providing first line adult weight management advice.

Learning Objectives

On completion of this course, participants will be able to:

- Discuss the Eat Well Guide in relation to adult weight management
- Provide key messages and practical advice on food for adults managing their weight that is socially and culturally acceptable.
- Identify reliable resources and sources of evidenced based information for healthy eating, physical activity and behaviour change approaches
- List local services and schemes running in Bradford to support adults wanting to lose weight
- Discuss strategies and interventions which can be applied in promoting healthy eating in various settings

Training dates available:

Wednesday 27th July 2022 (online—Microsoft Teams)
09:15-12:00

Wednesday 16th November 2022 (classroom)
09.15am-12.30pm
Nutrition Learning Centre, C1
C Block, St Luke's Hospital.
Little Horton Lane. Bradford. BD5 0NA

Managing Poor Appetite in Adults

The aim of this course is to provide a practical, evidence based overview for those providing advice on food and nutrition in any setting who wish to:

- Improve their knowledge of how to support adults with a poor appetite on optimising their nutritional intake with a view to preventing long term nutritional complications.

Learning Objectives

On completion of this course participants will be able to:

- Understand the causes of poor appetite in adults
- Discuss the implications of poor appetite on health and well being
- Assess risk and impact of poor appetite on health and well being
- List practical strategies and advice on supporting adults with poor appetite
- Signpost adults to reliable sources of evidence and further information for self care.

Training dates available:

Wednesday 1st June 2022 (classroom)

09.15am-12.30pm

Nutrition Learning Centre, C1

C Block, St Luke's Hospital.

Little Horton Lane. Bradford. BD5 0NA

Wednesday 7th September 2022 (online—Microsoft Teams)

09:15-12:00

Nutrition & Coronary Heart Disease

The aim of this course is to provide a practical, evidence based overview for those providing advice on food and nutrition in relation to preventing coronary heart disease (CHD) in any setting who wish to:

- Ensure that any advice or work they are doing to promote healthy eating is evidence based and promotes consistent and appropriate messages which are safe, accurate and up to date for the recipient.

Learning Objectives

On completion of this course, participants will be able to:

- Discuss the physiology of CHD
- Discuss the Eat Well Guide and healthy eating principles
- Translate the guidelines into key messages and practical advice on food and heart health that is socially and culturally acceptable.
- Identify reliable resources and sources of evidenced based information for healthy heart nutrition
- Discuss strategies and interventions which can be applied in promoting healthy eating in various settings

Training dates available:

Wednesday 22nd June 2022 (classroom)

09.15am-12.30pm

Nutrition Learning Centre, C1

C Block, St Luke's Hospital.

Little Horton Lane. Bradford. BD5 0NA

Wednesday 14th September 2022 (online—Microsoft Teams)

09:15-12:00

Eating Well for Men's Health

This course aims to provide an overview of the importance of good nutrition and lifestyle behaviours to improve long term health outcomes in men.

Learning Objectives

On completion of this course, participants will be able to:

- Discuss the nutritional and lifestyle factors that can impact on long term health and well being.
- Describe what men need to eat to achieve a healthy nutritional status (Eatwell Guide)
- Describe the impact of good nutrition on long term health for men
- List practical strategies and advice for improving dietary and lifestyle behaviours
- Summarise key public health nutrition messages aimed at men to reduce the risk of developing chronic illnesses
- List reliable resources and sources of information to signpost service users to for further support and self care.

Training dates available:

Thursday 7th July 2022 (classroom)

09.15am-12.30pm

Nutrition Learning Centre, C1

C Block, St Luke's Hospital.

Little Horton Lane. Bradford. BD5 0NA

Wednesday 21st September 2022 (online—Microsoft Teams)

09:15-12:00

Diet and Menopause

The aim of this course is to provide a practical, evidence based overview to those providing food and nutrition advice to support women going through the menopause and beyond.

Learning Objectives

On completion of this course participants will be able to:

- Understand the physiological changes and symptoms observed with the menopause
- Describe the impact of the menopause on health and wellbeing
- Provide key public health nutrition messages on how to manage health and wellbeing through the menopause
- Provide practical advice and strategies using the principles of the Eatwell Guide
- Signpost service users to further reliable sources of information and support

Training dates available:

Thursday 28th July 2022 (online—Microsoft Teams)
09:15-12:00

Thursday 6th October 2022 (classroom)
09.15am-12.30pm
Nutrition Learning Centre, C1
C Block, St Luke's Hospital.
Little Horton Lane. Bradford. BD5 0NA

Vitamin D

The aim of this course is to provide a practical, evidence based overview for those providing advice on food and nutrition in any setting who wish to improve their knowledge of the public health advice in the management of Vitamin D deficiency in the Bradford and Airedale district.

Learning Objectives

On completion of this course, participants will be able to:

- Understand the role and function of Vitamin D within the body
- List the signs and symptoms of Vitamin D deficiency
- Identify Vitamin D deficiency risk groups
- Describe sources of Vitamin D
- Discuss Vitamin D and Safe Sunshine advice for children and young people
- Understand the Healthy Start Scheme
- Signpost patients to reliable sources of evidence and further information
- Summarise strategies and interventions promoting Vitamin D public health messages

Training dates available:

Tuesday 10th May 2022 (online—Microsoft Teams)
09:15-12:00

Thursday 29th September 2022 (online—Microsoft Teams)
09.15am-12.00pm

Iodine & Folic Acid: What You Need To Know

The aim of this course is to provide an up-to-date overview of Iodine and Folic Acid requirements and identify those who may be at risk of deficiency, alongside practical guidance on how to optimise intake in at-risk populations.

Learning Objectives:

On completion of this course, participants will be able to:

- Describe the current trends of Iodine and Folic Acid deficiency in the UK population
- Understand the roles of Iodine and Folic Acid in healthy pregnancies
- Discuss the changing nature of Iodine and Folic Acid requirements throughout pregnancy
- List good sources of both Iodine and Folic Acid and practical ways to increase dietary intake
- Identify at risk populations in the Bradford district

Training dates available:

Wednesday 28th September 2022 (online—Microsoft Teams)
09:15-12:00

Tuesday 6th December 2022 (classroom)
09.15am-12.30pm
Nutrition Learning Centre, C1
C Block, St Luke's Hospital.
Little Horton Lane. Bradford. BD5 0NA

Food and Nutrition Training Programme Calendar 2022

Course	Date	Time	Location
Nutrition Through Life Stages			
Nutrition for 1-5 year olds	Tues 26th Apr	9:15 - 12:00	Online
	Thurs 15th Sept	9:15 - 12:30	St Luke's
Nutrition for Primary School Children	Thurs 28th Apr	9:15 - 12:00	Online
	Tues 11th Oct	9:15 - 12:30	St Luke's
Nutrition for Teenagers	Wed 4th May	9:15 - 12:00	Online
	Tues 18th Oct	9:15 - 12:30	St Luke's
Nutrition for Older Adults	Wed 11th May	9:15 - 12:00	Online
	Thurs 27th Oct	9:15 - 12:30	St Luke's
Eating Well for Adults (part 1)	Tues 17th May	9:15 - 12:00	Online
	Tues 1st Nov	9:15 - 12:30	St Luke's
Eating Well for Adults (part 2)	Wed 25th May	9:15 - 12:00	Online
	Tues 8th Nov	9:15 - 12:30	St Luke's

Course	Date	Time	Location
Nutrition Awareness			
Diet & Culture New!	Thurs 26th May	9:15 - 12:00	Online
	Wed 23rd Nov	9:15 - 12:00	Online
5 A Day (How to eat a rainbow)	Wed 8th June	9:15 - 12:00	Online
	Tues 29th Nov	9:15 - 12:30	St Luke's
Eating Well on A Budget	Thurs 16th June	9:15 - 12:00	Online
	Thurs 1st Dec	9:15 - 12:30	St Luke's

Food and Nutrition Training Programme Calendar 2022

Course	Date	Time	Location
Nutrition & Health Conditions			
First Line Adult Weight Management	Wed 27th July	9:15 - 12:00	Online
	Wed 16th Nov	9:15 - 12:30	St Luke's
Managing Poor Appetite in Adults	Wed 1st June	9:15 - 12:30	St Luke's
	Wed 7th Sept	9:15 - 12:00	Online
Nutrition & Coronary Heart Disease	Wed 22nd June	9:15 - 12:30	St Luke's
	Wed 14th Sept	9:15 - 12:00	Online
Eating Well for Men's Health	Thurs 7th July	9:15 - 12:30	St Luke's
	Wed 21st Sept	9:15 - 12:00	Online
Diet & Menopause	Thurs 28th July	9:15 - 12:00	Online
	Thurs 6th Oct	9:15 - 12:30	St Luke's
Vitamin D	Tues 10th May	9:15 - 12:00	Online
	Thurs 29th Sept	9:15 - 12:00	Online
Iodine and Folic Acid: What you need to know New!	Wed 28th Sept	9:15 - 12:00	Online
	Tues 6th Dec	9:15 - 12:30	St Luke's

**Spaces are limited, to book onto a course contact Sue Bradley on
(01274) 365387**

**or complete the form overleaf and send to:
Dietitians.Office@bthft.nhs.uk**

Booking Form 2022

Course Title	
Preferred Date and Venue	
Name	
Job Role	
Address	
Postcode	
Telephone number	
Mobile number	
Email address	
Managers name	
Managers email	

Please note:

The face to face sessions run from 9.30am —12.30pm with registration from 9.15am.

Online sessions are from 9:30am —12:00pm with registration from 9:15am

If you are unable to attend a course that you have booked on, please contact Sue Bradley on 01274 365387 at least 48 hours before the course.

All other queries from staff working in the Bradford area:

Email: Dietitians.Office@bthft.nhs.uk

Nutrition Advisory Helpline: 01274 783124