

Award in Nutrition and Food Safety

Applying for this course:

To apply for this course, you should have completed compulsory schooling up to 65 years of age, and who hold and MQF Level 3 in Health and Social Care or equivalent. In case of any difficulties regarding the entry requirements kindly contact us on ga.jobsplus@gov.mt.

Course Duration

This course is of 9 hours duration (including 1-hour assessment) and consists of one Module.

General pedagogical guidelines and procedures for this course:

The delivery of this Course will be mainly held through a series of classroom discussion. The trainer will also be holding lessons with the learners which will consist of various presentations, including demonstrations.

This course can also be delivered online. In such cases, the learner is required to have a working camera and a working microphone.

General assessment policy and procedures for this course:

The learner will be assessed through a written assessment, which will assess his/her grasp of the material discussed in class and any further material explored during self-study. The pass mark is 45%. Weighting is 100% since it is the only type of assessment.

Module 1 Learning Outcomes- Nutrition and Food Safety

<ul style="list-style-type: none">✓ Ensure proper labelling and storage✓ Be responsible for managing the nutrition for patients with chronic illnesses✓ Manage and understand therapeutic clients and dietary restrictions✓ Comply with nutritional guidelines✓ Deal with malnutrition and deficiencies in healthcare settings✓ Define macronutrients and micronutrients✓ Identify the role of nutrition in health and disease prevention	<ul style="list-style-type: none">✓ List the nutritional needs for different life stages✓ Define the principles of food hygiene and safe handling✓ List common food borne illnesses and how to prevent them✓ Plan and prepare meals in accordance with individual therapeutic diets and dietary restrictions.✓ Label and store food products according to health and safety regulations and best practices.
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Module Assessment:

The learner will be assessed through the Written Assessment, in the form of a multiple-choice questions, which will take place at the end of the module. The pass mark for this assessment is that of 45%.

Weighting is 100% since it is the only type of assessment.