

Objective: To raise awareness on the importance of balanced nutrition on health protection

Key Competences: Basic information on chemical composition of foods and impacts of food components on human body

Terms of enrolment: None

Target Group: Training is targeted for persons employed in catering (restaurants); or has intention to look for employment in that profession; or simply wish to raise their knowledge in nutrition from personal reasons.

Outcomes: Higher awareness on small changes in food combinations and cooking techniques which have important impact on nutritive value of everyday diet

Indicative Content:

- Training overview
- Basic principles of balanced nutrition
- Macronutrients – sources of energy
- Micronutrients
- Role of catering in public health
- Portion sizes
- Importance of sensory properties on food choices
- Caloric value and nutrient density of foods
- Impact of food preparation on its nutritional value
- Basics on food ethics

Duration: 24 hours (lectures and evaluation included)

Language: Croatian

Keywords: Nutrition, Health

Contact details: info@helponestopshop.com , trening.prehrana@ptfos.hr