

Children's Services

Media Release – July 28 2006

Basic Nutrition and Health Awareness Training – Client Services

OVER 100 participants from North East Lincolnshire Council attended one of eleven short courses introducing an awareness of basic nutrition and health. The courses were held at various venues across the authority between June 22 and 30.

The courses were organised by Client Services, the section of Children's Services that monitors, manages and develops the school meals service.

The School Meals Working Group, which has been meeting since October 2005, agreed to offer this training by utilising part of the new government grant for improvements to the school meal service in England.

The aim of the training was to increase the knowledge and understanding of the principles of good nutrition and healthy eating. The courses were aimed at schools to aid understanding of the Government's new food-based standards for school lunches. They were also attended by representatives from the local authority, to help in a practical way in the course of daily work for anyone with a professional interest in nutrition, health and diet.

Councillor Margaret Cracknell, Portfolio Holder from Children's Services said: "It is very important that professionals working with our children and young people understand the principles of healthy eating. This knowledge can be passed on to our children to encourage healthy lifestyles."

The benefits of the course include having a better understanding of the reasons behind menu planning, encouraging balanced meal choices and providing background knowledge to assist with development of Food Policies

The courses were presented by Jo Alcock from Verner Wheelock Associates, and attendees found them 'enjoyable', 'interesting' and 'very informative'.

Ends

For further information contact:

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Photographic Opportunity:

Notes to editors:

Course Content

- Energy needs and requirements
- Carbohydrates, fibre, protein, fats
- Vitamins and minerals
- Requirements of salt/water and effects on health
- Understanding food labels
- Effects on cooking of foods
- Balance of good health