



THE BENCHMARK GROUP
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Chronic Conditions and Nutrition

HLTHPS010 Interpret and use information about nutrition and diet

The program is supported by funding from the Australian Government Department of Health under the Chronic Disease Support Project.

Date: Saturday 11 June
8:45am - 4:00pm (approx.)

Venue: Maroochy RSL
105 Memorial Ave
Maroochydore, QLD, 4558

Cost: Fully Funded



Register early as places are limited and will fill quickly
To apply - [CLICK HERE](#)

***Students must complete the Foundations of Chronic Disease prior to entry to this program.**

The **Chronic Conditions and Nutrition** program aims to provide students with the skills and knowledge required to interpret and use basic information about nutritional principles and healthy diet.

The program aims to provide students with the skills and knowledge required to interpret and use basic information about nutritional principles and healthy diet, using Eat For Health (new Australian Dietary Guidelines). The program provides foundation knowledge on energy needs, basic food groups, identifying good food choices, special diet groups, obesity, client interactions for BMI management and introduces the student to the concept of Aboriginal and Torres Strait Islander foods which is an emerging evidence base.

The face to face workshop involves lecture and practical workshop activities around the application of chronic disease care planning in primary health care.

Upon successful completion of the program students should have the ability to:

- Access nutritional and dietary information
- Use information about diet and nutrition
- Maintain own knowledge of nutrition

For further information, please contact us on courses@benchmarkgroup.com.au or 1300 855 568.

