

Nutrition Support Program

Incorporating Accredited Unit
HLTAHA023



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The Nutrition Support Program is a nationally accredited program and is fully funded by the Federal Department of Health under the Chronic Disease Support Project.

- Date:** Friday, 22 November 2019
8:45 a.m. - 4:30 p.m.
- Venue:** Orange Ex-Services Club, Orange
231-243 Anson Street
ORANGE, NSW, 2800
- Cost:** No Cost (registration essential - see below)



Register early as places are limited and will fill quickly.
To register - Go to <https://www.benchmarkgroup.com.au/course-enrolment/1066870>

The Nutrition Support Program is a one-day program that has been designed to provide skills and knowledge for a range of health professionals and others working within Aboriginal and/or Torres Strait Islander Health, to deliver detailed information and advice in relation to nutrition and dietary management.

On successful completion of the program, students should have the ability to organise appropriate resources and support the provision of basic nutrition education to clients receiving diet therapy under the direction of a dietitian. Students will also be able to demonstrate appropriate strategies to monitor a client's response to information and education, and comply with the instructions of the dietitian and be aware of protocols for client documentation.

The one-day workshop involves a lecture and practical workshop activities around sugar, salt, and good and bad oils related to good nutrition. The focus is on healthy eating, rather than weight loss. Group discussion and small group workshop activities are a key component of the day.

Program delivery and assessment for the Nutrition Support Program includes pre-reading, a one-day face-to-face workshop, in-class activities assessed by facilitator, a mandatory third party observed workplace activity, and an online assessment completed via Benchmark*IQ*.

For more information, please visit www.benchmarkgroup.com.au and choose 'Nutrition Support Program' from the drop down menu. To book, please follow the link above.



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