



QOI AWARD

EVOLVE

Healthy Eating



QOI Level 2

Food Choice and Health

M2H16



This is a Plain English
Course Information Book



Who can do this course?

This is a QQI Level 2 course.

This course is for anyone who wants to learn about food and healthy eating.

We can support you with communication, reading and writing.

We will use pictures, symbols and DVDs to help you learn.

On this course you will help make healthy meals and snacks.

Please fill in the form at the back of this book when you apply for the course.

Before you apply for the course, check you understand and are happy with:

- The learning goals
- The assessment you will have to do
- The time the course will take.



How long will the course take?

This course will take around 25 class hours.

You will do work in class and some work at home.

This course is worth 5 credits.

The trainer will tell you how many weeks the course will be on for.

The trainer will tell you how long each class will last.

Ask staff in your centre for more information.



What assessments will I have to do?

The assessment for this course is called a portfolio.

You keep all the work you do on the course in a folder.

This folder shows the information and skills you have learnt on the course.

Your work will be assessed at the end of the course.

This means your folder will be checked.

The people looking at your work decide it is good enough to pass or that you need to do some more work.

Your work will be assessed by:

- Your Trainer
- Another person from St. Michael's House
- A person from QQI



What will I learn on this course?

On this course you will:

- Learn the names of the different food groups. Find out what these food groups do for us
- Think about the different foods in a meal. Learn about food portions
- Find out which food and drinks are good for you and which you should eat less often
- Find out why healthy eating is important
- Help make a healthy breakfast, a healthy lunch and a healthy dinner
- Work on one new skill to help you prepare food
- Learn how to handle and store food safely
- Show how you can be clean and safe in the kitchen.



Where is this course on?

This course will be on in centres in St. Michael's House.

It may also be on in different places in the community.

Ask staff in your centre for information.

You can also contact Teresa or Paula for information.

Ring Teresa on 01 299 0565

Email: teresa.gadd@smh.ie

Ring Paula on 01 862 2458

Email: paula.smytth@smh.ie



How do I get a place on this course?

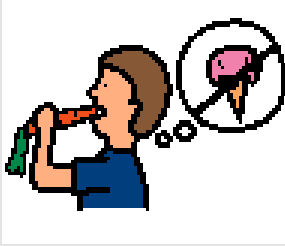
Ask staff in your centre for an application form.

Fill in the form.

Send it to Teresa in Goatstown or send the form to Paula in Santry Hall.



Healthy Eating Form



Are you on a special diet?



Why are you on a special diet?



Dietitian

Do you see a Dietitian?



What is the name of your Dietitian?



Signature: