



NUTRITION AND HEALTH AWARENESS

In-house course: Nutrition and Health Awareness

Equipment/Facilities: iLearn module + Virtual Classroom

Certification: OSM

SCOPE & PURPOSE

This is a compulsory training for existing stewards, cooks, chief cooks and chief stewards of OSM Maritime Services Inc. The course is an introduction to nutritional requirements of the human body highlighting its benefits and disadvantages. Trainees will learn about ingredients and their corresponding micro and macro nutrients – nutrients preservation and their essential functions in the human body.

TRAINING OBJECTIVES

At the end of the course, the participants will be able to:

- Identify the advocacy of global health and nutrition regulatory agencies
- Comprehend the importance of nutritional balanced food intake with its benefits.
- Comprehend their personal responsibility in food intake and understands the consequences of a bad diet
- Identify micro and macro nutrients and corresponding ingredients and food groups
- Understand processing and preservation techniques for ingredients in order to maintain beneficial nutrients
- Compose balanced daily meal and menu plans covering all nutritional needs
- Comprehend and balance daily calorie requirements and consequences of overindulgence
- Comprehend and interpret nutritional product labels
- Explain the state of health of Filipino Seafarers in comparison to other nationalities
- Comprehend the negative long-term impact a poor diet has on a work environment and life expectancy.
- Recommend ideal daily eating pattern and is familiar with beneficial cleansing and weight loss diet.
- Identify the benefits of physical activities and exercise

Entry Standards

- All qualified on-board crew
- Must have finished the iLearn module

COURSE DURATION

4.0 Hours