

The Public Health Dietitians team at Belfast Trust offer training to provide tutors with the skills to deliver healthy eating messages and targeted nutrition & education programmes to their community groups.

We provide a source of nutrition expertise to community, voluntary and statutory organisations throughout the Belfast area supporting health inequalities and health and wellbeing.



Level 1 training

Food and Health Essentials



For anyone who works with adults to make healthier food and health choices.

- ✓ Learn about the key Food and Health messages
- ✓ Gain skills and confidence to promote these key messages in YOUR setting
- ✓ Get access to a wide range of resources, signposting and ongoing support.

Following training, tutors will be able to deliver the key messages to their groups and can then move on towards completing Level 2 training.

Level 2 training

Cook it!

fun, fast food for less



Cook it !

Cook it! is a practical nutrition education programme which helps adults enhance their cooking skills and learn more about healthy eating, particularly where cost is a consideration. On completion, tutors will be able to deliver a course of six sessions covering healthy eating, food hygiene and practical hands-on cookery.

Small grants can be claimed of up to £200 per programme!



I Can Cook It!

I can
Cook it!
fun, fast food for less



I Can Cook it! is an adapted version of Cook it that has been specifically developed as a more accessible version of Cook It! often used with adults with lower literacy levels or mild to moderate learning disability. On completion, tutors will be able to deliver a course of eight sessions with participants to help enhance their cooking skills and to support healthier eating choices.

Food Values



Food Values is a budgeting programme designed to help adults make healthier food choices on a limited budget. It focuses on food shopping, better budgeting and cooking low-cost nutritional meals. On completion, tutors will be able to deliver a four week food budgeting programme to their groups.



Slow Cooker



A short online nutrition programme which empowers participants to use a slow cooker, shop smarter and make healthier food choices. For anyone working with adult groups who would benefit from the programme.

On completion, tutors will be able to deliver a four session programme.

Nutrition Awareness



For those who work with 11-18 year olds. A 2 hour session equipping you with the knowledge, skills and confidence to deliver key nutrition and lifestyle messages in your setting. Plus a take home cue-card resource.

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