Healthy Eating Tutorial – Social Media Toolkit

**Twitter**

Food Standards Scotland have relaunched their Healthy Eating Tutorial. The digital tool is free to use, and is aimed at those looking for an introduction to nutrition. The optional final assessment carries 1.5 CPD hours. The updated tutorial: <https://bit.ly/3sCgtho>

Do you need to provide healthy eating messages as part of your job? Food Standards Scotland have updated the content in their Healthy Eating Tutorial.

Your progress can be saved at any point. Work through the modules and assessment here: <https://bit.ly/3sCgtho>

**Facebook / LinkedIn**

Food Standards Scotland have relaunched their Healthy Eating Tutorial, developed in collaboration with Public Health Scotland.

The tutorial is a helpful tool for those who may be required to provide healthy eating messages to others as part of their job, for example those working in health and social care, education, community groups, local authorities, retail, catering and food manufacturing.

The modules provide an introduction to nutrition by outlining what a healthy diet looks like, why it’s important, and what advice and support is available to achieve it.

There is an optional assessment at the end of the tutorial, which carries a maximum of 1.5 hours CDP for the Royal Environmental Health Institute of Scotland (REHIS) CPD scheme.

You can work through the tutorial at your own pace, and progress can be saved at any point.

For more information and to begin the tutorial, visit the FSS website: <https://bit.ly/3sCgtho>