DESCRIPTION

The importance of good nutrition for individual health and well-being is widely recognized, yet for a significant number of people who rely on institutions for food and nutrition, this importance has not always been a primary consideration. People, therefore, may find themselves consuming food they would not ordinarily choose to eat, with, in some cases, restricted choices precluding individual preferences and compromising health.

In recent years, there have been major advances in the quality of catering in some areas, particularly schools. Other institutions which have not been thrust into the media spotlight have fared less well in terms of policy drive and commitment.

This insightful new book looks in detail at five institutions: schools, hospitals, care homes for the elderly, prisons and the armed forces. As well as providing a fascinating history of the provision of food in each institution, each section considers:

• current policy and standards and their implementation

• adequacy of food provided with regard to the health status and dietary requirements of the people in the care of each institution

• efficiency of catering organization and issues relating to contract tendering, expenditure and procurement

A broad spectrum of further relevant issues is also covered, including the meaning of food to those in institutions and determinants of choice.
ABOUT THE AUTHOR

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FEATURES

• Nutrition in institutions is an area of great current interest
• Covers nutrition in schools, hospitals, care homes, prisons and armed forces
• Good nutrition in such establishments is vital to ensure healthy populations
• Authors have much experience teaching and researching this subject

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