



Diet and nutrition for drivers and operators



Understanding the right nutrition choices when you're on the road or operating heavy machinery can be confusing. Registered dietitian, Angela Berrill, explains how you can save money while being healthier just by knowing a few key options for your meals when working.

\$29
+GST

Who should do this course?

- Heavy vehicle drivers
- Car drivers who do long journeys
- Machinery operators (forklift, excavator, crane, loader, etc)
- Supervisors

How does the course work?

Works on any smartphone, tablet or PC with internet access. Access course materials for 6 months. A certificate of achievement is supplied on completion.

How do you get your drivers enrolled?

Visit www.drivingtests.co.nz/courses and add the course to your cart online, or please email contact@drivingtests.co.nz

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