



ActiveB Teacher Training in Nutrition

Course Title: Nutrition Awareness (2 hour workshop)

During the ActiveB nutrition awareness workshop you will learn essential nutritional information to pass on to your students.

Adolescents Workshop:

- Understanding Teenage Obesity
- Basic food groups
- Recommended daily amounts for Adolescents
- Nutrients and their role in a balanced healthy diet
- Weight management and the energy balance equation
- Basics of a healthy diet for teenagers
- Eating for energy and improved productivity at school
- How to be ultra alert for examinations

Early Years (5 – 10 years) Workshop:

- Understanding Childhood Obesity
- Basic food groups
- Recommended daily amounts for children
- Nutrients and their role in a balanced healthy diet
- Activity and its role in weight management
- Basics of a healthy diet for young children
- Eating for energy and improved productivity at school

ActiveB nutrition workshops are very flexible, we are happy to integrate other topical issues in to our content to fit your agenda and training needs.

The workshop costs £150 excluding course manuals and travelling expenses.

To discuss this proposal please telephone 07974 143060 or 0114 2661061

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