

FAMILIES ACTIVE TOGETHER:

HEALTHY EATING WORKSHOPS MENU:



WEEK 1:

Introduction to healthy eating principles :
10 golden rules



WEEK 2:

Routine, meals composition and the role of breakfast



WEEK 3

FOOD GROUPS, ENERGY AND NUTRIENT CONTRIBUTIONS



WEEK 4

FOOD PORTION SIZES CHILDREN AND ADULT DIFFERENCES



WEEK 5

HEALTHY SWAPS AND DIETARY RESTRICTIONS



WEEK 6

HEALTHY SNACKS, TREATS AND FOOD LABELS