



**Workshop Overview:** This workshop is designed to help parents understand the importance of good nutrition for their children. You'll learn simple, practical tips on how to provide your kids with healthy meals and snacks that support their growth, energy, and overall well-being. We will cover everything from basic nutrition principles to creative ways to make healthy eating fun for your kids.

- The basics of Kids Nutrition
- Creating balanced meals
- Healthy snacking
- Food habits & choices

- Guidance on meal planning and snacking
- Nutrition for growth, mood and energy levels
- Guidance for dealing with picky eating
- Easy and practical ideas and tips for healthy eating

**SIGN-UP NOW**