



INTRODUCTION TO NUTRITION

Virtual training opportunity

FREE training for anyone working with children and families within Tameside.

This course is suitable for anyone wanting to learn more about healthy nutrition, promote basic healthy eating messages and discover current guidance.

Current dates:

10.00am-12.00pm—online via Microsoft Teams

(all links send in advance—all you need is a laptop, PC or smartphone and access to the internet and an email address)

Wednesday 22nd September 2021—10am-12pm

What does the training cover

- The model for healthy eating
- Fats, salt and sugar – implications and healthier alternatives
- Food Labels – how to decipher the information
- Advice to support healthier families



*Ideal for teachers, teaching support teams, health professionals, community workers,
family intervention teams, family welfare.....*

**For more information and to register for a place, please contact the Children's Nutrition Team
on 0161 366 3900/2351 or email us at childrensnutrition@tgh.nhs.uk**

Check out the following for more advice and information
www.tameside.gov.uk/healthyeatingandnutrition/kids



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