

## NUTRITION WORKSHOP

Learn everything about eating well, beyond the basics of PDHPE, in an easy to understand way!

Young Athletes' Nutrition Workshop teaches kids everything they need to know about eating well, planning a balanced diet and having a good relationship with food to help them establish a healthy lifestyle from their adolescent years and build strong foundational knowledge from a young age. Taught by qualified nutritionists, this program goes beyond the basics taught in PDHPE class. Although there is quite a bit of material to be covered, we make sure it remains simple and easy to understand, and students are not overwhelmed by the information. The program is perfect for all high school students as well as year 5s and 6s.

Our program is fun and interactive, and students will each receive a worksheet to complete as they go through the class to make sure they retain everything they've now learnt. No two diets are the same, and each student will leave with personalised knowledge to improve their eating habits.

The program runs for approximately 1 hour to fit comfortably into your school's timetable and can be adjusted to meet shorter class requirements.

The Nutrition Workshop may be booked for one class, or take advantage of bulk pricing by booking for multiple classes for your school.

Topics Covered	Details
<b>Australian Dietary Guidelines</b>	The ADG provide information on the types and amounts of foods, food groups and dietary patterns that aim to promote health and wellbeing, and reduce the risk of diet-related conditions and chronic disease.
<b>Australian Guide To Healthy Eating</b>	The AGTHE converts the scientific knowledge of food composition and nutritional requirements for optimal health and wellbeing into a practical guide representing the proportion of the Five Food Groups recommended each day.
<b>The Food Groups</b>	Learn about the 5 major food group and 2 additional food groups, how much to consume from each, how to understand portion sizes, and food sources from each group.
<b>The Macro &amp; Micronutrients</b>	Carbohydrates, fat, protein, vitamins and minerals. What are the best and worst sources of each?
<b>Planning a Healthy Diet</b>	Learn how to practically put together all this information to ensure you are meeting your nutritional requirements, while still enjoying the food you love.
<b>Energy Balance &amp; Body Composition</b>	Learn how over-consuming/under-consuming food increases/decreases bodyweight and how to determine the amount you're consuming.
<b>BMI &amp; Weight Management</b>	What is BMI? How do you use nutrition and exercise to achieve a healthy BMI?
<b>Obesity &amp; Related Diseases</b>	How does food affect obesity? How does this relate to other health implications long term?