

Led by a Fully Qualified Nutritionist

Total Food, Total Health[©]

a course to help parents plan a healthy diet/meals for you and your children

www.totalnutritionltd.com

Course Content:

- Adult & Child Nutrition
- Understanding Nutrients
- Vitamins & Minerals
- Additives & E-Numbers
- Relevant Portion Sizes
- Meal & Snack Planning
- Understanding Food Labels
- The Influence of Food Marketing



SIGN UP NOW!!

Sessions are fully interactive, with the information ready for you to take home!

Tuesdays 4th March - 25th March, 7:00 - 9:00pm
Abbots Langley School
Parsonage Close
Abbots Langley

To book a place on the course please call
Abbots Langley Children's Centre on 01923 268105
Total Nutrition Ltd.

In partnership with:



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