

HOW FOOD SHAPES YOUR CHILD



A modular based training for Early Years' nutrition, engaging children with food and tackling some health issues.

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| 1. | Introduction to health and nutrition | All modules plus copy of How Food Shapes Your Child plus a 60 minute Skype 1:1 to discuss your setting/home/business issues
£450.00 |
| 2. | Healthy eating on a budget | |
| 3. | How food shapes your child | |
| 4. | Food and Reward | |
| 5. | Gut microbiome | |
| 6. | SUGAR | |
| 7. | Fussy eating | Stand alone modules plus How Food Shapes Your Child
£45.00 |
| 8. | Sleep | |
| 9. | Mood and Behaviour | |
| 10. | Autism spectrum and nutrition | Additional stand alone modules – payable per module
£30.00 |
| 11. | Concentration and memory | |