

# HEALTHY EATING WORKSHOPS

## PROMOTING HEALTH HABITS



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Claire Sambolino is a Registered Nutritionist (mBANT) and certified Dietary Educator & Health Coach. She combines over 14 years experience in corporate work with 5 years in private clinical practice in London and Milan.

***"I'm passionate about inspiring the next generation of kids to eat healthily and form habits to help them live a long and healthy life"*** *Claire x*

### Workshops

#### Healthy Plate



### Outline

An introduction for kids on what it means to eat healthily. What does food do for our bodies. Are some foods healthier than others? And why might that be? What do they like to eat?

Lets each design a plate with our favourite healthy foods.

#### Eat a Rainbow



Food is fun and colourful but did you know each colour contains different vitamins and minerals for example... Beetroot is red and helps our blood.

Eat a rainbow game to list as many fruits and vegetables across every colour of the rainbow.

Food Journal / Planner exercise to help us eat a rainbow each week.

#### How much sugar?



How much sugar should we really eat?

How do we know how much sugar is in food?

Guess the sugar game in some of kids favourites foods.

Sugar experiment –dissolving object in coca cola

Sugar experiment –sugar cubes per serving

Sugar pledge –1 action each child can make to reduce their sugar intake.

#### Discover fruit & vegetables



Don't like fruits or vegetables?

But do you really know just how many there are to try? Interactive session touching, smelling and tasting fruits and vegetables.

Surprising flavours –vegetable snacks

Alphabet game – list a fruit or vegetable for every letter of the alphabet

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#### From super-size to perfect portions



Portion control and over-eating  
What are the recommended portion sizes of our favourite foods? Pick & Pour game where kids get to choose an item and pour out the portion they typically eat. We then see how close it is to recommended portion.  
Hand portion game – using hand to measure  
Discuss super-size portions and what it means to health.

#### Sensible snacking



How to make merenda more healthy.  
Pick n mix merenda game looking at how to combine foods with a mix of nutrients; protein, healthy fats and carbohydrates.  
Sensible switches – healthy alternatives to favourite snacks  
Make it home demo – easy recipe to demo in class for kids to try at home

#### Head to Toe for Teens (11-16yrs)



A workshop dedicated to teens to introduce healthy eating and its importance for growth and development.  
Head to Toe Game  
- what foods help our muscles grow, hair & nails, skin, eyes, help our brains & cognitive function, help our heart, etc  
Boy & Girl Body Charts for kids to map our foods

#### Food for Fuel (11-16yrs)



An introduction to sports nutrition for active sporty kids. Which foods fuel the body?  
What should we eat before training (for energy) and after training to help our bodies repair?  
ABC of macronutrients; carbohydrates, protein & fat  
Know your nutrients game – helps kids identify protein foods vs carbohydrates