

EATING WELL TO GROW WELL

Eating Well to Grow Well! is an interactive nutrition workshop that is all about encouraging children to eat healthy. It is designed specifically for Pre-Primary to Grade 3 teachers! This workshop provides valuable information on childhood nutrition, and covers topics such as children's nutrient needs, the importance of healthy and balanced meals and snacks, the link between good nutrition and academic performance, and much more. Teachers that attend a workshop will receive useful educational resources as well as grade-specific student activity sheets.

ELAINE HORNE DUARTE



FEE: \$30

**NSCC Kingstec
Thursday, May 24th
6:00 – 8:00 pm**

**Facilitator:
Elaine Horne Duarte**

**Deadline:
May 10th**

2 PD HOURS