

## Additional Kids Nutrition Workshop Themes

### **Your body and Salt**

Effect of too much salt on our body, how much do we need, how much salt are there in the food that you eat.

### **Fat: The good, the bad and the ugly**

Different types of fat, what food has what fat, what is the role of fat in your body?

### **What is sugar?**

The different kinds of sugar, where are they.

### **Vitamins: does the genie really live in a bottle?**

What is vitamins, where are they, is taking supplements such as vitamin C really necessary?

### **Australian Guide to Healthy Eating**

Explanation of what this guide is about and how to use it. How to read the food label (nutrition information panel), we will read the label of the foods that are relevant to the kids.

### **Sports nutrition**

What do we need to eat (and what to avoid) to be fit and healthy. The importance of eating breakfast. Examples of good breakfast.

### **“Ready Steady Cook” style game**

Kids are divided into two teams and to come up with ideas of what to cook using the ingredients we brought in. Of course the dietitians will be right there to assist the kids to come up with ideas of the recipes.

*Or tell us your idea and we can always turn it into a fun and educational cooking workshop for the kids*