

# Kids Nutrition Course



## KIDS NUTRITION COURSE

STEP BY STEP GUIDE TO  
YOUR CHILD'S BEST  
HEALTH

10 DAYS MASTERCLASS

HEALTH AT YOU  
ISO CERTIFIED



# Basic Guidelines

- This course will give you a well rounded insight on kids Nutrition & how to correctly feed your little ones and design a Healthy Balanced Diet for them
- This course helps you understand the nutritional needs of children ; both on a Micro & Macro Nutrient level
- The session is a 10 days masterclass divided into 1 hour interactive sessions
- Sessions will be held in English & Hindi
- The content will be shared in the form of Live sessions; held on zoom / google meet application
- Health At You will reward a course completion certificate ( ISO CERTIFIED )
- Plan is Non - Refundable



# Plan Structure

Total 10 Live Sessions

9 live sessions on topics given below

1 Live doubt session

## Below Topics to be Covered

1. Importance of Eating healthy
2. Balanced diet - Daily requirement of Macro & Micro Nutrients
3. Healthy Eating practices
4. Childhood Problems:
  - Physical health
  - Mental health
5. Meal Planning:
  - Healthy food combinations
  - Unhealthy food combinations
  - Healthy Tiffin options
6. Ayurveda perspective of childhood problems
7. Herbs & Spices to boost kids immunity
8. How to promote healthy behavior in children
9. Choosing healthy snacks
10. Diet Designing

**Charges: ₹ 4999/-**

