

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/-

