

# 2020 Online Summer Course



## Nutrition for Wellbeing Course Ref: 310

This course aims to support you in enhancing your own wellbeing, by learning how to nourish your body and mind with delicious, easy and nutritious recipes. It will support your teaching of Nutrition in SPHE and the promotion of wellbeing in your school.

In *Nutrition for Wellbeing*, it will explore the science behind nutrition and how to use food to enhance your mood and energy levels. It will explore a variety of resources and initiatives that will support you in teaching children about nutrition and healthy eating through the SPHE curriculum, which will equip them with key skills and knowledge to enable them to confidently make healthier life choices. You will learn how to support children in growing and preparing food at school and how to prepare a Healthy Eating Policy for your school.

It will also explore a wide range of healthy lunch recipes for the busy teacher, and you will be invited to make some delicious, nutritious high energy snacks to bring with you to school!

**Early Bird course fee €59.**

Early bird offer only available until the 29th of June, after this date course price will be €69  
(fee non-refundable)

Please note there will be no multi course discounts this year.

**Course eligible for EPV days.**

**Course will run from 1st July - 14th of August.**

Course will have a maximum capacity and is subject to availability, so book early!

Visit [www.MayoEducationCentre.ie](http://www.MayoEducationCentre.ie) and click on 'Access Online Courses'