



## **NUTRITIONAL INFORMATION EVENING - Two Exciting Interactive Presentations**

**Thursday, 7<sup>th</sup> February 2008  
STAGS, Sandridgebury Lane, St Albans**

### **"Wholesome food for Wholesome Kids" - 6.30-8.00pm**

For parents of primary school children

- Basic nutrition
- Healthy meals and getting your children to eat them!
- Child obesity - facts and figures
- Behaviour (Blood Sugar Balance)
- Allergies and food intolerances
- Snack Attacks
- Lunch boxes and labels
- Supplements

### **"Don't Skip Breakfast" - 8.15-9.45pm**

For parents and their children at secondary schools.

- Body knowledge
- Tune in to Teenage eating habits
- Hormonal mayhem!
- Early signs of eating disorders
- Snack Attacks
- Behaviour (Blood Sugar Balance)

**Please call Jo Maher to let her know if you are attending on:  
01727 855134 or 07939 111152**