

good nutrition important?

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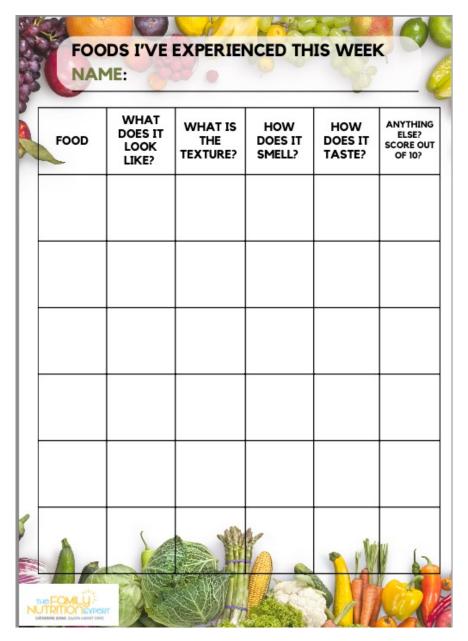






What will we learn today?

- 1. Why does good nutrition matter?
 - Physical health, sports, energy
 - Brain health
 - Balanced mood, hormones
- 2. What makes a healthy balanced plate?
- 3. Let's start with breakfast... and make some yummy food!





What is healthy balance?





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Why is healthy food important?

- So we can move –
 jump, run, throw
- For energy
- For growth
- Repair immune system, injury
- Protection
- Brain power



Remember....

Every part of you....

.... depends on the food you eat!

Even your thoughts... How well you can concentrate...







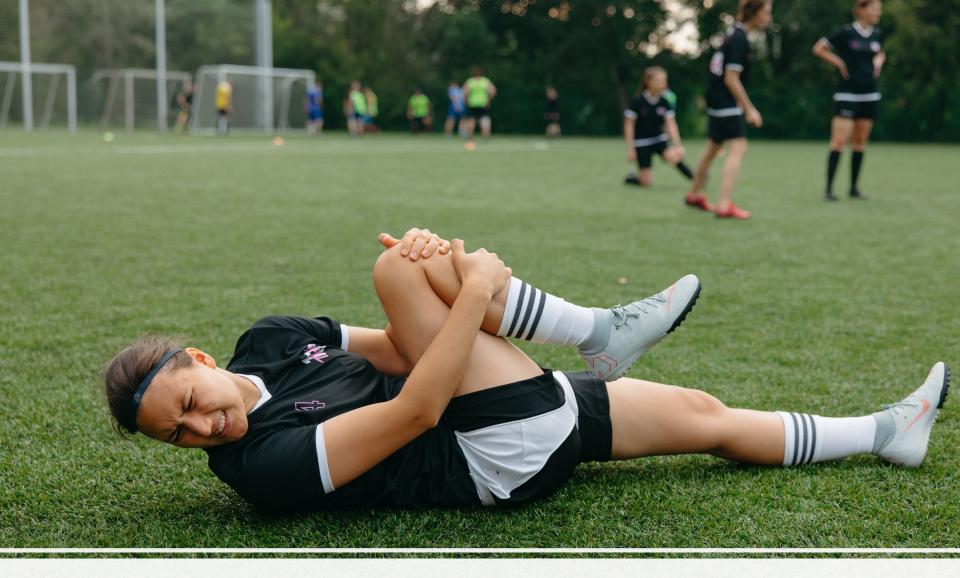








What nutrients do we need?



What nutrients do we need?

What nutrients do we need... Healthy skin?



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What nutrients do we need?

A healthy meal plate...



Protein is found in....

- Meat, fish, seafood
- Eggs
- Dairy
- Nuts, seeds
- Beans, pulses
- Quinoa, buckwheat





Good energy foods...



The healthy fats...





Plus enough of this....



And this....

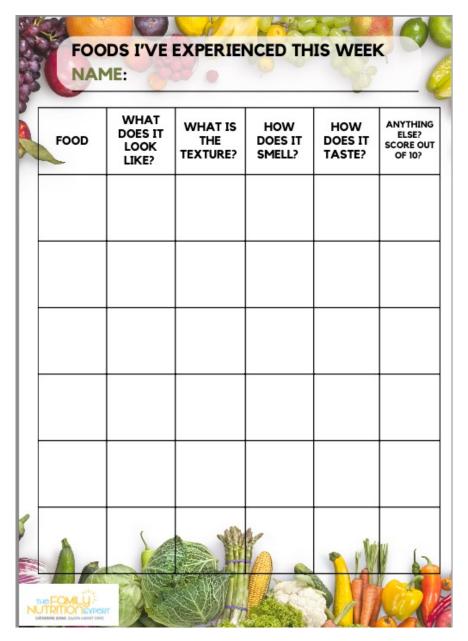


Let's try some food!

• Breakfast...







Questions?



See you all on Thursday!

