



Nutrition and Me... Why is 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!**



FOODS I'VE EXPERIENCED THIS WEEK

NAME: _____

FOOD	WHAT DOES IT LOOK LIKE?	WHAT IS THE TEXTURE?	HOW DOES IT SMELL?	HOW DOES IT TASTE?	ANYTHING ELSE? SCORE OUT OF 10?



What is healthy balance?





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?





What nutrients do we need?

A healthy meal plate...



Protein is found in....

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



The healthy fats...





Plus enough of this....



And this....



Let's try some food!

- Breakfast...



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Questions?



See you all on Thursday!

