

# Wellbeing: Your Body, Your Food – The Connection

## Course overview

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The food we eat affects our body in numerous ways. This workshop looks at how your body works and why some foods have a positive or negative effect on us. A fascinating insight into our bodies, eating habits and wellbeing.

This workshop is ideal for parents thinking about what to feed their children for optimum wellbeing, for those who would like to make positive changes to their eating habits, and for those on Childcare, Health and Social Care and Teaching Assistant courses who may be responsible for what others eat.

## What will I study?

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You will:

- discuss how our bodies use the foods we eat
- explore micro and macro nutrients and how foods impact our body
- choosing foods to support health, mental wellbeing and children's development

## Assessment method

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You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the workshop.

## Entry requirements

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This course is open to all. You will need a good understanding of English.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

## Key information

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Code	Date	Time	Location	Full Fee	Concessionary Fee
7012CTO	Tuesday 30 March 2021	9.30am to 12pm	Barking	£0.00	£0.00

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722