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**FREE EMPLOYABILITY COURSE**

# **Introduction to Nutrition in Children & Young People**



**Hampshire**  
County Council

**SKILLS  
FOR LIFE**

## Course Information

If you are a Hampshire resident age 19+ then Hampshire Achieves can offer you a short, online courses completely **free of charge**. In this course you will discover how to encourage healthy food choices, how to support children with allergies or food sensitivities and find out why some foods are so addictive. The course will include:

- Information about the five main nutrient groups, why children's bodies need them and the effects on children's health & wellbeing from a poor diet
- What makes up a healthy balanced diet for children and young people
- How to adapt favourite recipes that are healthier and affordable
- Introduction to common allergens and sensitivities you may see in children
- Explore the NHS food scanner app to support healthy food shopping.

## Commitment

- ✓ You will attend at least two tutor-led online group sessions
- ✓ You will be given additional learning to carry out at home, in your own time, to extend your knowledge and understanding
- ✓ You will have the chance to explore progression opportunities and further learning

## Eligibility & Contact Details

There are no formal entry requirements, although you will require access to a device with a microphone and camera to participate in this course.

This course is **FREE OF CHARGE** and funded by the UK Government for eligible adults living in Hampshire aged 19+. If you are unsure if you are eligible for this course, please contact our team at [adult.learning@hants.gov.uk](mailto:adult.learning@hants.gov.uk), or see our website at: [Hampshire Adult Tailored Learning | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/hampshire-adult-tailored-learning).

## How to Apply

It's simple! Just complete our online application form using this link [Hampshire Achieves Adult Tailored Learning Application Form](#), or contact our team if you would like more details about this FREE course.