



FUNDAMENTALS OF NUTRITION FOR YOUTH



Email to Find Out More

kenzieosborne@rxrecourse.com

Explore fundamental macronutrients and micronutrients essential for healthy growth and development in children aged 5-16

SEPTEMBER 28

7:00-8:00 PM EST

- Protein, carbohydrate, and fat needs for children aged 5-16
- Vitamins and minerals of concern for children aged 5-16
- Common vitamin and mineral deficiencies found in Canadian children
- Considerations for children who are more active

REGISTER

BUY SERIES

You will be billed \$29.99 after the session, unless you opt to buy the series in advance.

RESOURCES

- Child-friendly nutrient-dense recipes
- Guide: "Build your own POWER meals that your children will love"
- Activity: POWER meal builder!



FOOD LITERACY IN VARIOUS SUBJECTS



Email to Find Out More

kenzieosborne@rxrecourse.com

Discover simple ways to seamlessly incorporate food literacy concepts into various subjects to enhance the learning experience for your students and children.

OCTOBER 26

7:00-8:00 PM EST

- Exploring nutrition concepts through social sciences
- Exploring the basics of food science and cooking through science
- Adding nutrition concepts and recipes to math activities
- Exploring foods through colour in art lessons

REGISTER

BUY SERIES

You will be billed \$29.99 after the session, unless you opt to buy the series in advance.

RESOURCES

- Booklet of sample course curriculum requirements for grades 1 through 8 paired with food literacy and nutrition concepts
- At-Home Activity: Math and munch recipes.



NUTRITION, ADHD & MENTAL HEALTH



Email to Find Out More

kenzieosborne@rxrecourse.com

Understand the relationship between nutrition, ADHD, and mental health.

NOVEMBER 30

7:00-8:00 PM EST

- Common nutrition trends in those suffering from mental health challenges
- The relationship between gut health, schizophrenia, depression, and anxiety
- Food colouring and the development of ADHD
- Exploring differences between processed foods in the UK vs USA/Canada and how they may relate to both physical and mental wellness

REGISTER

BUY SERIES

You will be billed \$29.99 after the session, unless you opt to buy the series in advance.

RESOURCES

- Common mental health disorders & nutrition
- Sample child-friendly meal swaps to better support mental health
- Activity: A brain full of food!



CANADIAN FOOD GUIDE: MODIFIED.



Email to Find Out More

kenzieosborne@rxrecourse.com

Explore how the Canadian Food Guide may look in various cultures and for children who suffer from dietary restrictions and/or allergies.

JANURAY 25

7:00-8:00 PM EST

- Food industry influences on the Canadian Food Guide
- Cultural variations of the Canadian Food Guide
- Adapting the Canadian Food Guide for children who suffer from dietary restrictions and/or allergies

REGISTER

BUY SERIES

You will be billed \$29.99 after the session, unless you opt to buy the series in advance.

RESOURCES

- Variations of the Canadian Food Guide
- Activity: How would the Canadian Food Guide look in countries around the world?



FOOD PROCESSING & NUTRITION LABELS



Email to Find Out More

kenzieosborne@rxrecourse.com

Discover how food is processed and understand the basic components of a Canadian Food Label

FEBRUARY 22

7:00-8:00 PM EST

- Exploring the “food processing chain”
- Understanding environmental and health impacts of processed foods
- Understanding the numbers and information displayed on a Nutrition Facts Table
- How to read an ingredient label to determine the quality and health benefits of a food product

REGISTER

BUY SERIES

You will be billed \$29.99 after the session, unless you opt to buy the series in advance.

RESOURCES

- Guide: Diagram of a food label
- Activity: Eliminating steps of the food processing chain for environmental and physical health