



## Nutrition For Adolescents

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### Summary

This short course will enable you to understand the basic concepts of how different foods affect adolescents – their moods, behaviour and choices in life. Understand how puberty and growth create additional nutritional demands. Enjoy gaining practical and useful knowledge in a light-hearted fun environment.

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### Duration

4 hours

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### Your Trainer

Fiona Workman is a clinical nutritionist and Bowen therapist based in Sydney. She is passionate about enjoying great food and a sunny lifestyle, all in the name of good health. But she is also realistic about the pressures of an increasingly fast city life so flexibility is a big factor in her advice.

She holds a Bachelor degree in Health Science, a Diploma of Nutrition, and a Bachelor degree in Commerce and has been in professional practice since 2002.

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### Assessment

This subject is assessed via a short quiz completed on-line.

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### Pre-requisites

Nil

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### Resources

You will need a computer to access your course materials and complete assessments. Your computer needs reliable internet access.

NCC is a Wi Fi friendly site. Students are encouraged to use laptops/notepads etc. with internet access for log in into e-Learning for resources.

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### Compulsory Textbooks

Nil

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### Content

Topics covered include:

- Adolescence – the challenges
  - Puberty and growth
  - Sleep changes and insomnia
  - Increased nutritional needs during adolescence
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### **Certificate of Completion**

Participants receive a Certificate of Completion

\*If you are learning for personal growth you may elect not to participate in the assessment or receive a Certificate of Completion

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### **Continuing Education Credits**

If you are attending this course as a CPE workshop, upon completion you will be issued with a certificate and letter for CPE Points.

Members of ATMS (Australian Tradition Medicine Society) can receive 4 Continuing Professional Education points for this Nature Care College CPE course.

