

EAT WELL! FEEL WELL!

A 6 week Cookery and Nutrition course

Course aims and objectives:

- To promote healthy life style choices
- To use cookery skills to produce a range of savoury and sweet dishes
- To increase understanding of how food affects our bodies and our moods



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Each of the six sessions lasts two hours and will involve hands-on practical work, making nutritionally balanced dishes suitable for a range of health conditions such as diabetes & high blood pressure.

Learners will be encouraged to write a food diary each week to record what they have eaten and how it made them feel, both physically and mentally.

Topics to be covered include;

- Eat Well guide - what it is and how it helps with meal planning
- Foods for a healthy heart
- Recipes with reduced sugar for diabetics
- Good Mood foods, even including chocolate!
- Managing blood pressure through diet
- Foods that reduce the effect of seasonal affective disorder [SAD]



Various
locations
TBC

**Most importantly
FOOD should be
enjoyable!**

Contact debby@hastingsvoluntaryaction.org.uk / 01424 444010