

Healthy Body / Healthy Mind package

A 2 hour lecture and food tasting aimed for parents/carers and children (8 – 16 years) to achieve:

- an understanding of what goes on during the time of puberty;
- ways to better communicate (from perspectives of both adult and child);
- stress management (understanding what stress actually is and learning to work with it);
- an understanding of food and eating habits and how they affect the mind and body; and
- coping mechanisms during “hormonal” times

The lecture includes food tasting to introduce [potentially] new tastes and textures – three main reasons why this works so well are (1) children will most likely try new foods among their peers and (2) compliancy of recommended foods is much higher when you get to smell, touch and taste the products and suggestions and (3) **it's fun!**

Outline

Adolescent Changes

Definition of Changes including hormones
Hormone Mind/Body links and Issues of Puberty
Communication between adolescent and parent/carer

Stress

Definition of Stress and How the Body Adapts
How can we balance stress?

Self-Esteem – Knowing thyself

What is Self-Esteem?
Encouraging Self, Self Confidence and a Peaceful Mind
Supporting each other

Exercise

Physical benefits towards healthy growth & development – muscular skeletal & cardiovascular
Emotional benefits towards health growth & development – mood enhancement/balance and outlet

Food

Why do we eat? Incorporating the emotional and physical reasons for eating

Water: Importance of water and good drinking habits: brain power; sport focus & endurance; good mood

The importance of breakfast: How breakfast affects the mind and body – energy, metabolism and digestion

Digestion: Digestion process incorporating the Mood and food connection

Carbohydrates: What foods are carbohydrate foods / Complex and simple carbohydrates, usage and fat storage

Fibre: What fibre does in the body (gut/mind connection)

Essential Fats: What are essential fatty acids? Why do we need them? Will they make me fat?

Proteins: What foods are protein foods – highlighting vegetable options

Foods and factors that balance Stress and Hormones

Includes Taste testing

Foods, factors and why – sum up