



FeedMeGood



How to be a sustainable parent.

Feed Me Life skills project

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The aim of this programme



- To teach parents at Chalkhill and Leopold primary the different aspects of how to be a sustainable parent.
 - We will provide professional knowledge, practice and tips around food, nutrition and employability.
 - Sessions will take place on Wednesdays 6.30pm- 7.30pm via Zoom
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House Rules (Online)

- Be respectful to other parents.
 - Be on time to the class.
 - Keep your phone on silent but if you have to take a phone call, please use the chat box to let the teacher know you are leaving.
 - Please ensure your mic is on mute, unmute when you are speaking.
 - We will add you to the attendance list as you will not be able to sign it.
 - No photos or videos please.
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Meet Your Teachers

FeedMeGood Team



Kelita Wood
Director, HR Manager

Nureen Glaves
CEO, Lead Facilitator

Hermína Heder
Operations Manager



Healthy Eating Made Easy

Learning Objectives



- What is healthy eating?
 - Benefit of healthy eating
 - What is portion control, how does it look and why do we need to have portion control to maintain a healthy diet.
 - We will explore cravings and why we may have them.
 - We will discuss ways in which we can eat healthy on a budget and on the go
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The image shows a magnifying glass held over a nutrition label. The label is titled 'Nutrition Typical values' and lists various nutrients with their values per 100g, per 1/4 pack, and as a percentage of adult guideline daily amounts (GDAs). The nutrients listed include Energy, Protein, Carbohydrate, Sugars, Starch, Saturated fatty acids, Unsaturated fatty acids, and Sodium. The label also includes a note about GDAs being guidelines and varying by age, gender, weight, and activity.

Nutrition Typical values	per 100g	per 1/4 pack	% adult GDA
Energy kJ	1007	2014	
Protein	8.4g	16.8g	17.0%
Carbohydrate	20.6g	41.2g	37.3%
of which sugars	1.8g	3.6g	4.0%
of which starch	18.8g	37.6g	
of which saturated	5.7g	11.4g	39.1%
mono-unsaturated	5.9g	11.8g	37.0%
polyunsaturated	1.5g	3.0g	
Sodium	0.9g	1.8g	2.5%
of which sodium	0.50g	1.00g	10.7%

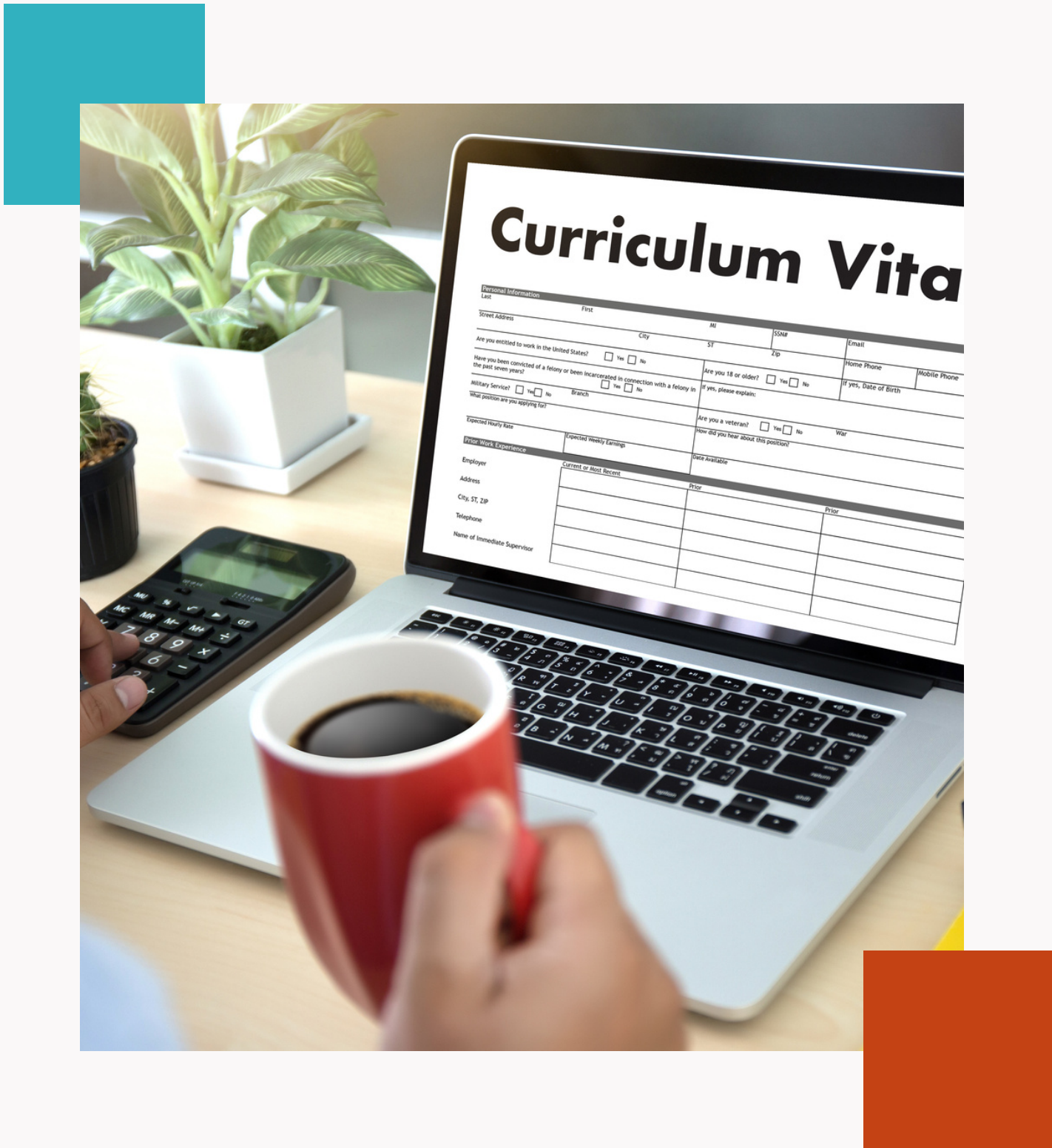
s = Adult Guideline Daily Amounts are based on 100g of product. GDAs are guidelines and personal requirements vary depending on age, gender, weight and activity.

Labelling Detectives

Learning Objectives

- What is labelling and its purpose?
- Learn more about how to read nutrition labels and maintain a balanced diet.
- What does the traffic light colour coding mean on labels?
- Understanding best before and use by date
- Understanding food brand vs. food product
- Providing tips on food shopping made simple.





CV Clinic

Learning objectives



- What is a CV?
 - What should be on your CV?
 - The professional CV Layout
 - What you could leave off your CV?
 - How to make your CV as professional as you
 - Exploring some common CV mistakes
 - Making a difference to your CV
 - What happens if you do not have the experience?
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Immunity Boosters

Learning objectives



- What is Immunity?
 - How to boost your Immunity?
 - What is a Vitamin?
 - What is a Mineral ?
 - The concept of a Vitamin Stall which will help you understand what the vitamin and mineral is good for in your body.
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Employability Skills and Interview Preparation

Learning objectives



- What are Skills?
- What are Employability Skills?
- How best to prepare for an interview?
- What to expect during an interview?
- What happens after an interview?



Think Ingredients

Learning Objectives



- Learn more about stock checking
 - The thinking process behind meal planning
 - How to have an effective shopping trip
 - Storage for your ingredients
 - Home made vs ready made
 - Make the most out of your supplies by "Thinking Ingredients"
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Thank you!

FeedMeGood Team

