



Jennette Turner

natural foods education

BEGINNING AND À LA CARTE NATURAL FOODS CLASSES

Taught by Jennette Turner, Natural Foods Educator

Class participants will be inspired by a good foundation about nutrition, practical suggestions and delicious recipes. The goal is to help employees develop a healthy relationship with food and teach them how to make dietary changes that support health and improve their quality of life.

There is a connection between what people eat and how they feel.

Benefits of natural foods education include:

- Fewer sick days (for both employees and their children)
- Increased energy, concentration and productivity
- Assistance with weight management
- Improved moods

Weekly class segments are designed to fit into a 55-minute lunch hour. Class limit of 25 is preferable.

BEGINNING NATURAL FOODS CLASS

Start with the beginning class, which is designed to provide a foundation for the understanding of the nutritional concepts discussed in subsequent classes. It's highly recommended that all employees participating in the program begin with this class to set the stage for more specific classes that follow.

Natural Foods for Health—The Prerequisite

What makes a food healthy? Manufacturers print the words “wholesome” and “natural” on packaged products, but are they really good for you? How about diets that promise quick results by eliminating entire food groups? This class offers a clear path out of the hype. Understand the basics about real nutrition and learn to integrate natural foods into your diet. You will have the tools to create balanced meals that support your health.

see reverse for class details

À LA CARTE CLASS DESCRIPTIONS

After completing the primary “prerequisite” class, choose one or as many follow-up classes as necessary to accommodate participants’ needs. À la Carte classes can be tailored to the interests and needs of the workplace.

Healthy Eating in Today’s Fast and Crazy World

Learn the basics of nutrition and how to put together balanced no-fuss meals in a hurry. Handout includes many delicious fast and easy recipes.

Increasing Energy and Improving Mood

What you eat (and don’t eat!) can have a profound impact on your energy levels and moods during the day. Stop draining your energy and boost your mood naturally by integrating dietary changes.

Food, Mood and Behavior for Children and Adolescents

Food has a big impact on kids’ mood, ability to concentrate and learn, and social interactions. Learn how to incorporate food that supports healthy moods and behaviors into the family diet.

Strengthening Your Health

Food choices can increase resistance to the common cold and to more serious illnesses such as heart disease and cancer. Learn which foods build immunity and help prevent disease.

Making Peace with Food

There are no one-size-fits-all diets. The key is to learn to trust yourself to eat well. You can change the health, shape and well being of your body without the guilt and shame often associated with eating delicious food.

Other class topics:

Easy, healthful meals for hurried parents

Flu (or cold) season: building immunity

Managing menopause naturally

Special diets: (heart, diabetes, gluten-free, digestive problems)

Bring a healthy lunch to work

Athletic training

Getting off the sugar roller coaster