



Jennette Turner

natural foods education

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**EIGHT-WEEK CLASS:  
“NATURAL FOODS FOR HEALTH”**

*Taught by Jennette Turner, Natural Foods Educator*

In a comprehensive series of classes, participants will gain a thorough understanding of:

- Nutrition basics, combining the latest research with traditional food wisdom
- Guidelines about major food categories and food preparation
- How to incorporate natural foods into busy lives, including fast, easy food preparation at home, and making healthy choices when eating out
- How to think critically about diet and interpret contradictory dietary information

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.

*see reverse for class details*

## EIGHT-WEEK CLASS DESCRIPTION

### “NATURAL FOODS FOR HEALTH”

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Eight weeks. It's generally considered the minimum amount of time the body needs to adapt to new behaviors. That's why “Natural Foods for Health” is eight weeks long—it's the time needed to educate, change and deliver results with respect to healthy eating.

Participants will get a comprehensive lesson on natural whole foods and how they affect the body and mind. They'll become more discriminating food shoppers, and learn how to easily prepare wholesome meals. The result: knowing how to make dietary choices that support health and wellness. Among the topics covered are:

- What is a balanced diet—examining vitamins, minerals, proteins, carbohydrates and fats
- How food affects our energy, mood and overall health
- Whole food vs. refined (processed) food
- How food preparation affects digestion
- A variety of cooking methods that include grilling, roasting, steaming, sautéing and using a slow cooker
- Discovering different grains and beans and what to do with them
- Delicious ways to prepare a wide variety of seasonal vegetables
- Healthy sources of quality animal protein
- Demystifying information about fats and dairy
- Cravings and what to do about them
- Caffeine, sweeteners and food additives
- How food choices can help prevent disease

In addition, the individual needs and questions that participants bring up will be addressed.

Participants should commit to attending class for eight weeks so they get the benefit of all the information—and see results.