



Upcoming Session:

🕒 Wednesday 25 November 2026

📅 1pm - 3pm

🌐 Online via MS Teams

Nutrition Awareness Training

Overview

This free, interactive course run by Dietitians is to provide up-to-date, safe and reliable information about diet and lifestyle for those running physical activity sessions with children and young people aged 11-18.

All participants receive a cue-card resource with 8 key messages to help confidently deliver basic health and wellbeing advice within your setting.

Course Aims

The course aims are to:

1. Update attendees on the current health status of our population.
2. Increase awareness of the barriers to eating well.
3. Update participants on age specific nutrition and physical activity guidelines.
4. Increase understanding around food labelling and portion sizes.
5. Equip participants to use the take-home resource.
6. Provide attendees with further reliable sources of nutritional information and ongoing support.

Contact us to book a place:

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CONTACT US 🖱️