

# YUM!

## Healthy eating from birth up to 16yrs



**FREE**

### **Help and advice on healthy eating for childcare providers**

A **free** learning programme to complement the *Nutrition and Oral Health* pack.

In-depth information and activities on:

- healthy eating,
- health teeth and mouth,
- overweight and obesity,
- food labelling and
- portion sizes.

The programme runs online so it is accessible from any computer and fits around the needs of childcare providers and all professionals working with children.

Completing the training earns a certificate accrediting 4 CPD hours.

**Lynne Baxter, District Nurse:**

“Enjoyable and interactive. Context mix was just right!”

**Tracy Andrews, Early Years worker:** “*Nutrition & Oral Health* was very informative and will certainly help me at work and also at home.”

**Find out more and request a login:** please contact Kirsten Lammie – email [kirsten.lammie@lanarkshire.scot.nhs.uk](mailto:kirsten.lammie@lanarkshire.scot.nhs.uk) or call 01698 377621