



# CANADIAN SCHOOL OF NATURAL NUTRITION

## Healthy Eating & Lifestyle Certificate Workshop

Outline of Workshop Topics:

Length: Each Session is Two Hours

1<sup>st</sup> – Proper Digestion & Gut Health (Free Class)

- Basic understanding of the GI tract & functions
- How and where certain foods are broken down and digested
- Optimal digestive habits to have at your dinner table
- What is the microbiome?
- Functions of the gut bacteria & its connection to health or illness
- Benefits of diversity & prebiotics
- Fermented foods

2<sup>nd</sup> – Good Carbs/Bad Carbs

- Hidden sugar & health effects
- What about artificial sweeteners?
- Whole grains vs refined grains
- Different categories of vegetables
- Fibre with water...

3<sup>rd</sup> – Demystifying Fats

- Functions of fats
- Bad fats vs good fats
- Effects of fat-free living
- Oils - what to cook with?

4<sup>th</sup> – All about the Protein

- Functions of protein
- What is considered quality protein?
- How much protein is essential?
- Meat vs plant-based

5<sup>th</sup> – Vitamin & Mineral Essentials

- What are the essential vitamins & minerals?
- Some of the basic functions of vitamins and minerals in the body
- What are the main foods high in these nutrients?

6<sup>th</sup> – Phytonutrients

- How eating different colours can benefit health
- Eating a rainbow at every meal



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#### 7<sup>th</sup> – Immunity with Whole Foods

- Basic function of immunity
- Inflammation – when is it good & when is it bad?
- Foods & nutrients that support overall immunity

#### 8<sup>th</sup> – Detox What?

- Toxic load & illness
- Routes of detoxification & elimination
- Foods that support liver function
- Cleansing the body using whole foods

#### 9<sup>th</sup> – Basics of a Whole Foods Kitchen

- What is in your pantry?
- Meal prep
- Essential culinary herbs
- Eating on a budget
- Cookware and method of cooking
- Improving your home environment – reducing chemical exposure

#### 10<sup>th</sup> – Stress & Mindset

- Stress – good or bad?
- How stress effects the body
- Benefits of a positive outlook

1<sup>st</sup> class FREE, pay by second session to continue.

If continuing for the remainder of the workshops - get a free e-book of healthy meal ideas and simple recipes that follow a healthy lifestyle.

Student will be provided a student booklet that contains notes for each session plus all the resources – cost is \$25 plus GST

If a student decides not to continue, the registration fee is compensated with the cost of the student booklet, so there is no financial loss.

Mode of Delivery: online – Zoom Meeting