

Bite Sized Learning – Food and Mood



Overview

Come on this interactive session to learn how your diet could be affecting your mood. We all have foods we like more, or less. But is there a connection between feeling fine and the foods we have eaten? Learn how the effects of diets that are very limited and inadequate can affect your mood and brain function. Review your diet and adopt the 8 guidelines for a healthy diet to improve and protect your physical and mental health.

Who should come on the course?

Healthy individuals over 5 years of age.

Learning Outcomes

By the end of this session you will be able to:

- Identify ways that food can affect how we feel
- Consider how we feel influences what food we choose
- Identify foods that contain mood-enhancing substances
- Plan how to eat healthily to influence mood

Booking Information

- **Organisations** - Training can be at your venue on dates to suit you for up to 15 delegates. Please contact us for further information.

HearFirst is an independent award winning training provider.

Passionate about Equality and Diversity, Specialist in Disability Related Training

HearFirst, Lower Acre, Todmorden Road, Bacup, Lancashire, OL13 9EB

t: 01706 872816 minicom users: 18001 01706 872816

info@hearfirst.org.uk www.hearfirst.org.uk