

<b>Title</b>	Healthy Eating in Young Children
<b>Description</b>	In the recent years there has been a rise on unhealthy eating habits of young children. The prevalence has further increased after the COVID-19 pandemic. Children in urban context are more inclined and organically approached to follow sedentary lifestyle and pick unhealthy food choice. Parents, teachers and caregivers of young children play a pivotal role in managing health routine for young ones. This workshop will focus on facilitating parents and teachers of young children in promoting healthy eating practices.
<b>Learning Objectives</b>	<ol style="list-style-type: none"> <li>1. To enhance knowledge regarding the CDC guidelines of healthy eating</li> <li>2. To critically appraise the food routine of young children in school and at home settings</li> <li>3. To prepare strategies for healthy eating practices at school and home</li> </ol>
<b>Target Audience</b>	Parents/caregiver/teachers/nutritionist/healthcare providers of young school going children
<b>Content Outline</b>	<ul style="list-style-type: none"> <li>- CDC guidelines on healthy food habits</li> <li>- School and house food audit</li> <li>- Tips for healthy eating</li> </ul>
<b>Agenda</b>	<ul style="list-style-type: none"> <li>- Warmup exercise</li> <li>- Content presentation</li> <li>- Group activity</li> <li>- Interactive discussion</li> <li>- Session evaluation</li> </ul>
<b>Teaching Strategies</b>	Collaborative work Interactive discussion Videos
<b>Resources</b>	Multimedia Room with seating arrangements and a passage for group activity Speakers and sound system Flip charts Colored markers Sticky notes
<b>Lead Facilitator Profile</b>	Dr Shelina Bhamani is lead for early childhood development parenting readiness education program at the Aga Khan University
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