

## Course details

### Course title

Healthy Living: Eating for your well-being

### Course code

Q00014883

### Course date

Start: 10/06/24

End: 13/06/24

### Number of classes

2 sessions

### Timetable

Mon 10th Jun, 14:00 to 14:30

Thu 13th Jun, 14:00 to 14:30

### Tutor

Dulcie Allan

### Fee range

Free to £4.20

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

### Venue

Seetec Pluss Poole  
Poole  
BH12 1ED

## **Level of study**

Beginners

## **Course overview**

In today's fast-paced world, the importance of nutrition for overall wellbeing cannot be overstated. "Eating for Your Wellbeing" is a comprehensive course designed to empower individuals with the knowledge and skills necessary to make informed dietary choices that promote optimal health and vitality. Throughout this course, participants will explore the relationship between food and wellbeing, delving into the physiological, psychological, and emotional aspects of nutrition. From understanding what foods are better for our well-being to exploring the impact of dietary patterns on mood and cognition, this course offers a holistic approach to eating for vitality, and is open to anyone who is a client at Seetec Pluss in Dorset.

## **Course description**

One of the key focuses of the course is to debunk common myths and misconceptions surrounding nutrition. Participants will learn to critically evaluate nutritional information, distinguishing between evidence-based recommendations and fad diets. Through interactive lectures, group discussions, and practical exercises, students will develop a solid understanding of nutrition science, enabling them to navigate the complex landscape of dietary advice with confidence.

In addition to theoretical knowledge, "Eating for Your Wellbeing" emphasizes practical application. Participants will learn how to plan and prepare balanced meals that not only nourish the body but also tantalize the taste buds. With an emphasis on whole, unprocessed foods, students will discover how to create delicious and satisfying meals that support their unique health goals.

Furthermore, the course addresses the role of mindful eating in promoting overall wellbeing. Participants will learn techniques to cultivate a deeper connection with their food, fostering greater appreciation and enjoyment of meals. By practicing mindfulness during eating, individuals can enhance digestion, reduce stress-related eating, and cultivate a healthier relationship with food.

Whether you are looking to improve energy levels, manage weight, or simply enhance your overall quality of life, "Eating for Your Wellbeing" provides the knowledge and tools you need to embark on a journey towards optimal health through nourishing your body.

## What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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