



# Healthy Eating Course for Adult Learners

## Preparing for Ramadan

**\*\*Parents/Learners from other ethnic groups are also welcome to join and benefit from the information provided about healthy eating\*\***

Are you ready to make the most of Ramadan this year? Here are some questions to ask yourself:

- Are you eating enough fruits and vegetables?
- Are you eating enough protein?
- Are you eating too much sugar and salt?

Remember, healthy eating is an important part of preparing for Ramadan. By making small changes to your diet, you can feel your best during this special time of year.

Join our **5-week Healthy Eating Course** designed specifically for helping you to stay healthy in Ramadan.

### What will you learn?

- How to plan your meals for Ramadan
- What foods to eat and what to avoid
- How to stay hydrated during the day
- How to maintain a healthy weight



### Why should you join?

- Make sure you get enough nutrients during Ramadan
- Learn how to eat healthy and stay energised during the holy month?
- Meet like-minded individuals

The course will run for 5 weeks starting **Thursday 1<sup>st</sup> February 1st, 2024 1:00 PM to 3:00PM.** The cost of the course is only **£5.** (You may be entitled to free education with proof of benefits.)

**If you're interested in joining the course, please join us tomorrow morning in the school canteen to register!**

**09:00 – 10:00am.**

Please bring along with you **\*Proof of ID**

**\* Cash**

**\* Proof of Benefits if you are claiming**