How to Help a Fussy Eater

Get ideas about how to promote healthy eating

Learn how to deal with food refusal

Plan creative meals to make food exciting

Tuesday 28th January

10am—12 noon

At Oaklands Junior School

Cost: £10, free places are available for people on job seeking benefits. Please talk to us if you think you are eligible by either phone or email

For more information or to book a place call:

0118 974 3797 or e-mail: **adulteducation@wokingham.gov.uk** or apply online via: https://tinyurl.com/wbc-ad-apply

Ofsted Good Provider | Education & Skills Funding Agency | Activate Learning | CCB Connecting Communities in Berkshire | Norwood Life Long Learning | European Union European Social Fund | Wokingham Borough Council

Important information about this course

Entry requirements for the course

To access this course you will need to be over 19 or older as of 31st August 2019, be a citizen of the EEA and have been resident in the EEA at least 3 years (NB a number of exemptions also apply, if you are not an EEA citizen please contact us to check your eligibility).

You should be able to read and write in English to take full advantage of this course

If you have additional learning needs

Please identify your needs on the application form ahead of the course so we can work with you to prepare any support you may need. You can also discuss any needs with your tutor on the first session.

How to apply

Places must be booked in advance. Please contact the Adult Education team for an application form via 0118 974 3797 or adulteducation@wokingham.gov.uk

What can I expect to get out of the course

You will learn about healthy eating and how to promote it. You will find out more about the following:

- What is fussy eating and how can you get children to eat a wider range of foods
- What to do if your child refuses certain foods
- Ways to make lunches more exciting

What can I do after the course has finished?

- Contact other professional bodies if appropriate, as directed by the tutor
- Enrol on an another course to help your child
- Enrol on an employability or other work related course
- Apply for work or volunteer opportunities

Concessions and free places

Free subsidised places are available to those claiming income or job seeking support. Please talk to us if you would like to see if you are eligible.

How to Pay

Please call Wokingham Borough Council's Adult Education team (Mon-Fri 10am-4pm) on 0118 974 3797 to pay by debit card over the phone.