

Introduction to Nutrition Workshop Worksheet

1. What is your interpretation of nutrition?

2. List 3 food items you already eat as part of a healthy based diet.

3. List 3 food or drink items you eat/drink as a treat and how often.

4. Write down why you think nutrition is important.

5. What are your motivations to want to live a healthier lifestyle?

6. List 2 nutrition goals for the year ahead.

7. What approach/strategies do you feel will work best for you in order to achieve those nutrition goals?

8. Has the 'Introduction to Nutrition' workshop in any way changed your original interpretation of nutrition?