




# Advanced Child and Brain Development Nutritional Advisor™

Advisory and Client-Focused Certification

Certification Curriculum



# Summary Certification Overview

1	Nurturing a child's potential	13	Evaluating a child's protein requirement
2	Impact of diet on academic success	14	Evaluating a child's fat requirement
3	Nurturing a child's intellectual capacity	15	Uncovering blood sugar imbalances
4	Neuroscience 101: The child brain	16	Mastering blood sugar control and cravings
5	Nutritional influences on IQ and cognition	17	Detecting "smart fats" deficiencies
6	Nutrition for attention and memory	18	Obesity, food addiction, and weight management
7	Nutrition for reading and writing	19	Nutrition for mood, depression, and aggression
8	Parental Modelling Evaluations 	20	Nutrition to ease hyperactivity and ADHD
9	Monitoring a child's growth and body fat	21	Nutrition for autism, epilepsy, and Rett syndrome
10	Calculating a child's caloric needs	22	Resolving picky eating / food neophobia 
11	Planning a child's diet	23	Taste training for children 
12	Evaluating a child's carbohydrate requirement	24	Setting up your practice

# Advanced Child and Brain Development Nutritional Advisor

Unit	Content
1	Effects of nutrition on physical, emotional and intellectual development
2	Skills Lab™: What's your goal?
3	Skills Lab™: What is your child's cognitive efficiency?
4	Nurturing a child's potential
5	Cognition and behaviour
6	Can diet affect a child's academic achievement?
7	Dehydration at school and reduced brain function
8	Skills Lab™: How is your child's water accessibility at school?
9	Can food affect a child's intellectual capacity?
10	Child IQ and life success

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Unit	Content
11	Building a human brain
12	Understanding how the brain works
13	Influences on cognitive efficiency
14	Nutrients that impact a child's IQ
15	Can Omega 3 improve a child's IQ?
16	Nutrition for attention and concentration
17	Nutrition for memory and learning
18	Skills Lab™: How is your child's language processing?
19	Reading, spelling and writing
20	Skills Lab™: How good of a "healthy" role model are you?

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Unit	Content
21	Measuring body mass
22	How to use growth charts
23	Body composition analysis
24	How many daily calories does a child need?
25	How to calculate daily caloric needs for boys and girls
26	Assessing a child's daily caloric intake
27	Gaining or losing body weight?
28	Calculating a child's daily carbohydrate requirement
29	Calculating carbs and free sugars in food
30	Fibre for children

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Unit	Content
31	Skills Lab™: Is your child getting enough protein?
32	Calculating a child's daily protein requirements
33	Protein in animal and vegetarian food sources
34	Dietary fat needs in children
35	Fats to include and fats to avoid
36	Combining carbohydrate, protein and fat needs
37	Skills Lab™: Is your child's blood sugar balanced?
38	Effects of blood sugar imbalance
39	Diabetes management
40	Mastering blood sugar control with the GI index

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Unit	Content
41	Practical strategies for an effective Low GI eating
42	Weaning a child off sugar
43	Skills Lab™: Is your child consuming sufficient Omegas?
44	Fatty acid deficiency symptoms
45	Skills Lab™: Is your child consuming sufficient phospholipids?
46	Correcting fatty acid deficiencies
47	The dangers of childhood obesity
48	Unsuspected factors that lead to unhealthy fat gain
49	Healthy ways to fight excess body fat
50	Practical ways to achieve a healthier weight

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Unit	Content
51	Eating tactics to stay healthy and lean
52	Nutrition for mood and behaviour
53	Amino acids that help with a child's mood
54	Calming anger and aggression
55	Skills Lab™: How hyperactive is your child?
56	Hyperactivity and ADHD
57	Nutritional strategies for hyperactivity and ADHD
58	Problem foods and elimination diets
59	Autism symptoms and causes
60	Do gluten and dairy cause autism?



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Unit	Content
61	Toxic exposure and detoxification
62	Ketogenic dieting
63	What's the science behind picky eating?
64	Skills Lab™: How effective are your feeding strategies?
65	Science of successfully introducing new, healthier foods
66	How to perform taste training
67	From picky eater... to eager eater
68	Skills Lab™: 4-Week Children's Lunchboxes
69	Dos, don'ts and must dos
70	Professional, legal, insurance, and tax considerations

# 0. Introduction

Unit	Here's what you'll learn	Extra support material
<p>0.1 Effects of nutrition on physical, emotional and intellectual development</p> <p>0.2 Skills Lab™: What's your goal?</p>	<ul style="list-style-type: none"><li>▪ Setting the scope of your course</li><li>▪ A journey of scientific discovery</li><li>▪ Learning advanced science</li><li>▪ Scope of this training</li><li>▪ The child's brain</li><li>▪ Key to a full and productive life</li><li>▪ From old dogmas to new science</li><li>▪ Growing tall and genetics</li><li>▪ Planning a child's diet</li><li>▪ Evaluating health risks</li><li>▪ Blood sugar control and fats</li><li>▪ What else will you learn?</li><li>▪ Picky eating + eating psychology</li><li>▪ From knowledge to practice</li><li>▪ More about your course materials</li><li>▪ But... who is your client?</li><li>▪ Setting up your practice</li></ul>	<ul style="list-style-type: none"><li>▪ My Course Objectives Worksheet</li><li>▪ Skills Lab™: Personal Strategy Questionnaire (What's your goal?)</li></ul>

# 1. Nurturing a child's potential

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: What is your child's cognitive efficiency?</p> <p>1.2 Nurturing a child's potential</p> <p>1.3 Cognition and behaviour</p>	<ul style="list-style-type: none"> <li>▪ Development of psychosocial skills</li> <li>▪ Analysis of the Child Brain Mini-Assessment™</li> <li>▪ Factors that influence cognition</li> <li>▪ Influences on cognitive processing</li> <li>▪ Examples of influences on cognition</li> <li>▪ Nurturing a developing brain</li> <li>▪ A more comprehensive conversation</li> <li>▪ Healthy psychosocial development</li> <li>▪ Psychosocial Development Skills</li> <li>▪ Inadequate nutrition</li> <li>▪ Rethinking The Child Brain</li> <li>▪ What children do + what they need:               <ul style="list-style-type: none"> <li>▪ 7 to 12 months</li> <li>▪ 1 to 2 years</li> <li>▪ 2 to 3.5 years</li> <li>▪ 3.5 to 5 years</li> <li>▪ 5 to 8 years</li> <li>▪ 8 to 16 years</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Brain Mini-Assessment™</li> <li>▪ Child Brain Mini-Assessment Scale™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 1. Nurturing a child's potential

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: What is your child's cognitive efficiency?</p> <p>1.2 Nurturing a child's potential</p> <p>1.3 Cognition and behaviour</p>	<ul style="list-style-type: none"><li>▪ When a child struggles to keep up</li><li>▪ How you can help</li><li>▪ Food, behaviour and learning</li><li>▪ Poor behaviour</li><li>▪ Reading and spelling</li><li>▪ Nutrient deficiencies = lower grades?</li><li>▪ Food additives and behaviour</li><li>▪ Reaching their full potential</li><li>▪ How a child's brain works</li><li>▪ Effects of childhood nutrition</li><li>▪ Making a meaningful difference</li><li>▪ Introducing the Child Brain Mini-Assessment™ (Skills Lab™)</li><li>▪ Applying the Child Brain Mini-Assessment Scale™</li></ul>	<ul style="list-style-type: none"><li>▪ Child Brain Mini-Assessment™</li><li>▪ Child Brain Mini-Assessment Scale™</li><li>▪ Practical Assignment</li><li>▪ Test Your Knowledge Exercises</li></ul>

## 2. Impact of diet on academic success

Unit	Here's what you'll learn	Extra support material
<p>2.1 Can diet affect a child's academic achievement?</p> <p>2.2 Dehydration at school and reduced brain function</p> <p>2.3 Skills Lab™: How is your child's water accessibility at school?</p>	<ul style="list-style-type: none"> <li>▪ Adverse dietary influences on academic success</li> <li>▪ Food, growth and cognition</li> <li>▪ Your work as an advisor</li> <li>▪ Reading, maths, and science tests</li> <li>▪ Fast food lowers academic success?</li> <li>▪ No matter how “active” the child is</li> <li>▪ Slim children are not exempt</li> <li>▪ Snacks vs lunch</li> <li>▪ An unexpected side effect from increased soft-drink consumption</li> <li>▪ Dehydration and the brain</li> <li>▪ When school is dehydrating...</li> <li>▪ How much water from the fountain?</li> <li>▪ Grab a cup, fill it up!</li> <li>▪ Promote water, provide cups</li> <li>▪ What about your child's school?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Water Accessibility Questionnaire™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge Exercises</li> </ul>

## 2. Impact of diet on academic success

Unit	Here's what you'll learn	Extra support material
<p>2.1 Can diet affect a child's academic achievement?</p> <p>2.2 Dehydration at school and reduced brain function</p> <p>2.3 Skills Lab™: How is your child's water accessibility at school?</p>	<ul style="list-style-type: none"><li>▪ Introduction to the Water Accessibility Questionnaire™ (Skills Lab™)</li><li>▪ Applying the Water Accessibility Questionnaire™</li></ul>	<ul style="list-style-type: none"><li>▪ Water Accessibility Questionnaire™</li><li>▪ Practical Assignment</li><li>▪ Test Your Knowledge Exercises</li></ul>

# 3. Nurturing a child's intellectual capacity

Unit	Here's what you'll learn	Extra support material
<p>3.1 Can food affect a child's intellectual capacity?</p> <p>3.2 Child IQ and life success</p>	<ul style="list-style-type: none"><li>▪ Brain development and cognitive capacity</li><li>▪ What's brain development?</li><li>▪ Measuring cognitive abilities</li><li>▪ What influences cognitive skills?</li><li>▪ Nutrients for new brain cells</li><li>▪ Moving for memory and cognition</li><li>▪ More junk food, lower IQ?</li><li>▪ Fast food... or freshly cooked?</li><li>▪ Cooking from fresh clarification</li><li>▪ Antioxidants for brain function</li><li>▪ Does intelligence alone predict success?</li><li>▪ Predictors of life success</li><li>▪ Childhood IQ and life achievement</li><li>▪ Tip for parents and teachers</li><li>▪ Does IQ alone predict success?</li><li>▪ Intelligence vs self-control</li><li>▪ Praise the effort, not just the skill</li></ul>	<ul style="list-style-type: none"><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li><li>▪ Video</li></ul>

### 3. Nurturing a child's intellectual capacity

Unit	Here's what you'll learn	Extra support material
<p>3.1 Can food affect a child's intellectual capacity?</p> <p>3.2 Child IQ and life success</p>	<ul style="list-style-type: none"><li>▪ The marshmallow experiment</li><li>▪ A few decades later...</li><li>▪ The brain on delayed gratification</li><li>▪ Does emotional "nutrition" count?</li><li>▪ Figure: Effects of Parental Nurturing</li><li>▪ Anxious mom, anxious offspring?</li><li>▪ And in humans too!</li></ul>	<ul style="list-style-type: none"><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li><li>▪ Video</li></ul>



# 4. Neuroscience 101: The child brain

Unit	Here's what you'll learn	Extra support material
4.1 Building a human brain  4.2 Understanding how the brain works	<ul style="list-style-type: none"><li>▪ Neuroscience 101</li><li>▪ Main brain areas</li><li>▪ The brain of a new-born</li><li>▪ Building a human brain</li><li>▪ Essential fats for an essential brain</li><li>▪ Long-chain PUFAs for a growing brain</li><li>▪ Appendix: Fatty Acid Definitions</li><li>▪ Fuel fats vs structural fats</li><li>▪ Omega 3 fatty acids</li><li>▪ Omega 6 fatty acids</li><li>▪ Omega 9 fatty acids</li><li>▪ Neuronal pathways</li><li>▪ The speedy birth of neurons</li><li>▪ Neurons ship messages in the brain</li><li>▪ A wired brain</li><li>▪ How neurons talk to each other</li><li>▪ Hard-wiring neuronal pathways</li></ul>	<ul style="list-style-type: none"><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li><li>▪ Video</li></ul>

# 4. Neuroscience 101: The child brain

Unit	Here's what you'll learn	Extra support material
<p>4.1 Building a human brain</p> <p>4.2 Understanding how the brain works</p>	<ul style="list-style-type: none"><li>▪ A brain that restructures itself</li><li>▪ Messages that travel</li><li>▪ Zooming into a chemical synapse</li><li>▪ Chemical messages in the brain</li><li>▪ Amino acids make neurotransmitters</li><li>▪ Who is in control?</li><li>▪ From plate to brain</li><li>▪ Figure: Neurotransmitter Receptors</li><li>▪ Genetics are only half the story</li></ul>	<ul style="list-style-type: none"><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li><li>▪ Video</li></ul>

# 5. Nutritional influences on IQ and cognition

Unit	Here's what you'll learn	Extra support material
<p>5.1 Influences on cognitive efficiency</p> <p>5.2 Nutrients that impact a child's IQ</p> <p>5.3 Can Omega 3 improve a child's IQ?</p>	<ul style="list-style-type: none"><li>▪ What's intelligence?</li><li>▪ What influences it?</li><li>▪ Psychomotor development</li><li>▪ Intelligence and IQ fluctuate</li><li>▪ What are cognitive functions?</li><li>▪ Specified cognitive processes</li><li>▪ Influences on cognitive efficiency</li><li>▪ Nutritional influences on cognition</li><li>▪ Single nutritional components</li><li>▪ Accumulation of cognitive reserve</li><li>▪ Intelligence, IQ, and brain foods</li><li>▪ Do micronutrients influence IQ?</li><li>▪ Early research on IQ and nutrients</li><li>▪ C and B on IQ</li><li>▪ Powering up</li><li>▪ Micronutrient supplementation</li></ul>	<ul style="list-style-type: none"><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li></ul>

# 5. Nutritional influences on IQ and cognition

Unit	Here's what you'll learn	Extra support material
<p>5.1 Influences on cognitive efficiency</p> <p>5.2 Nutrients that impact a child's IQ</p> <p>5.3 Can Omega 3 improve a child's IQ?</p>	<ul style="list-style-type: none"><li>▪ More IQ proof</li><li>▪ Improvement in the well-nourished?</li><li>▪ Present investment in a child's future</li><li>▪ Speed of processing in IQ tests</li><li>▪ Fewer skipped questions</li><li>▪ Neurotransmission speed</li><li>▪ Why is zinc essential?</li><li>▪ Zinc deficiency in children</li><li>▪ A zinc-deficient child brain...</li><li>▪ Micronutrients for the brain</li><li>▪ B vitamins = neuroprocessing power</li><li>▪ Preventing micronutrient deficiencies</li><li>▪ Long-chain Omega 3s</li><li>▪ DHA and intellectual development</li><li>▪ Docosahexaenoic acid</li><li>▪ DHA/IQ Test Scores Correlates</li></ul>	<ul style="list-style-type: none"><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li></ul>

# 5. Nutritional influences on IQ and cognition

Unit	Here's what you'll learn	Extra support material
<p>5.1 Influences on cognitive efficiency</p> <p>5.2 Nutrients that impact a child's IQ</p> <p>5.3 Can Omega 3 improve a child's IQ?</p>	<ul style="list-style-type: none"><li>▪ From ALA to EPA, to DPA, to DHA...</li><li>▪ Role of DHA in brain development</li><li>▪ Checklist: Natural Sources of DHA</li><li>▪ How much DHA per day?</li><li>▪ Maximising a child's brain power</li><li>▪ Taking the wrong supplements</li></ul>	<ul style="list-style-type: none"><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li></ul>

# 6. Nutrition for attention and memory

Unit	Here's what you'll learn	Extra support material
<p>6.1 Nutrition for attention and concentration</p> <p>6.2 Nutrition for memory and learning</p>	<ul style="list-style-type: none"> <li>▪ Sustained attention and concentration</li> <li>▪ What influences concentration?</li> <li>▪ H2O for the brain</li> <li>▪ Does “mild” dehydration count?</li> <li>▪ How much H2O does a child need?</li> <li>▪ Checklist: Water Needs Per Age (with conversion tips)</li> <li>▪ Fluctuations that cloud a brain</li> <li>▪ Changes in blood sugar levels</li> <li>▪ Foods that disrupt concentration</li> <li>▪ Rate of carbohydrate absorption</li> <li>▪ The glycaemic/insulin response</li> <li>▪ Sugar low after an insulin spike</li> <li>▪ High GI vs low GI for performance</li> <li>▪ Glucose supply in the brain</li> <li>▪ Insulin in the brain</li> <li>▪ The right kind of carbs</li> </ul>	<ul style="list-style-type: none"> <li>▪ Swipe File: Hidden Added Sugars</li> <li>▪ Checklist: Water Needs Per Age</li> <li>▪ Checklist: Memory Foods</li> <li>▪ Practical Takeaways</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> <li>▪ Video</li> </ul>

# 6. Nutrition for attention and memory

Unit	Here's what you'll learn	Extra support material
<p>6.1 Nutrition for attention and concentration</p>	<ul style="list-style-type: none"> <li>▪ Sugar in common breakfast cereals</li> <li>▪ Check the labels!</li> <li>▪ What to have for breakfast?</li> <li>▪ Low-GI snacks</li> </ul>	<ul style="list-style-type: none"> <li>▪ Swipe File: Hidden Added Sugars</li> </ul>
<p>6.2 Nutrition for memory and learning</p>	<ul style="list-style-type: none"> <li>▪ Other concentration robbers</li> <li>▪ Swipe File: Hidden Added Sugars</li> <li>▪ 65 Alternative Names of Sugar</li> <li>▪ Hidden Added Sugars</li> <li>▪ Memory and learning</li> <li>▪ Enhancing a child's memory function</li> <li>▪ The making of acetylcholine</li> <li>▪ Memory potentiation</li> <li>▪ Phosphatidylserine (PS)</li> <li>▪ Dimethylaminoethanol (DMAE)</li> <li>▪ Pyroglutamate (PCA)</li> <li>▪ Checklist: Memory Foods</li> <li>▪ A child's language processing</li> </ul>	<ul style="list-style-type: none"> <li>▪ Checklist: Water Needs Per Age</li> <li>▪ Checklist: Memory Foods</li> <li>▪ Practical Takeaways</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> <li>▪ Video</li> </ul>

# 7. Nutrition for reading and writing

Unit	Here's what you'll learn	Extra support material
<p>7.1 Skills Lab™: How is your child's language processing?</p>	<ul style="list-style-type: none"><li>▪ Reading, spelling, writing, and pronouncing words</li><li>▪ Learning how to read and write</li><li>▪ Could it be an ocular issue?</li><li>▪ Decoding written words</li></ul>	<ul style="list-style-type: none"><li>▪ Language Processing Assessments™</li></ul>
<p>7.2 Reading, spelling and writing</p>	<ul style="list-style-type: none"><li>▪ Dyslexia in children</li><li>▪ Improving reading and writing</li><li>▪ Special needs professionals</li><li>▪ Dyspraxia</li><li>▪ Brain and eye nutrients</li><li>▪ Omega 3 for developmental issues</li><li>▪ Other supporting nutrients</li><li>▪ Essential fats and phospholipids</li><li>▪ Detecting deficiencies</li><li>▪ Essential fat deficiencies</li><li>▪ Can fatty acid supplements help?</li><li>▪ Reading, spelling and memory</li></ul>	<ul style="list-style-type: none"><li>▪ Language Processing Scale™</li><li>▪ Practical Assignment</li><li>▪ Test Your Knowledge Exercises</li><li>▪ Video</li></ul>



# 7. Nutrition for reading and writing

Unit	Here's what you'll learn	Extra support material
<p>7.1 Skills Lab™: How is your child's language processing?</p> <p>7.2 Reading, spelling and writing</p>	<ul style="list-style-type: none"><li>▪ Night vision and dark adaptation</li><li>▪ Trans fats and the brain</li><li>▪ Retinol and betacarotene</li><li>▪ Fish oil supplements with retinol</li><li>▪ Keeping it safe</li><li>▪ Food Sources of Retinol</li><li>▪ Getting sufficient retinol</li><li>▪ Practical takeaways</li><li>▪ Introducing the Language Processing Assessments™ (Skills Lab™)</li><li>▪ Applying the Language Processing Scale™ and recommendations</li></ul>	<ul style="list-style-type: none"><li>▪ Language Processing Assessments™</li><li>▪ Language Processing Scale™</li><li>▪ Practical Assignment</li><li>▪ Test Your Knowledge Exercises</li><li>▪ Video</li></ul>

# 8. Parental Modelling Evaluations

Unit	Here's what you'll learn	Extra support material
<p>8.1 Skills Lab™: How good of a “healthy” role model are you?</p>	<ul style="list-style-type: none"> <li>▪ The Parental Modelling Questionnaires™ which consist of 3 fun and hands-on assessments for parents, as follows:               <ol style="list-style-type: none"> <li>1. Healthy Eating Modelling Assessment™</li> <li>2. Food Environment Assessment™</li> <li>3. Inspiring Good Habits Assessment™</li> </ol> </li> <li>▪ What kind of role model are you?</li> <li>▪ Let's start with the adults!</li> <li>▪ Results and instant recommendations included</li> <li>▪ Taking note of these scenarios</li> <li>▪ Applying the assessments and action steps with your clients</li> </ul>	<ul style="list-style-type: none"> <li>▪ Parental Modelling Questionnaires™</li> <li>▪ Healthy Eating Modelling Assessment™</li> <li>▪ Food Environment Assessment™</li> <li>▪ Inspiring Good Habits Assessment™</li> <li>▪ Practical Assignment</li> </ul>

# 9. Monitoring a child's growth and body fat

Unit	Here's what you'll learn	Extra support material
9.1 Measuring body mass	<ul style="list-style-type: none"><li>▪ Understanding BMI basics</li><li>▪ Monitoring a child's growth</li><li>▪ What we'll cover in this module</li></ul>	<ul style="list-style-type: none"><li>▪ Child Height and Weight Tracker™</li></ul>
9.2 How to use growth charts	<ul style="list-style-type: none"><li>▪ Understanding BMI basics before calculating a child's BMI</li><li>▪ What is Body Mass Index?</li></ul>	<ul style="list-style-type: none"><li>▪ Adult BMI Calculator</li><li>▪ Child BMI Calculator</li></ul>
9.3 Body composition analysis	<ul style="list-style-type: none"><li>▪ BMI formula in practice</li><li>▪ Weight categorisation: Adults</li><li>▪ BMI example</li><li>▪ Handout: Adult BMI Calculator</li><li>▪ BMI is very simple to use in adults</li><li>▪ Learn to calculate a child's BMI</li><li>▪ How to calculate things from scratch</li><li>▪ Calculating a child's BMI</li><li>▪ A child BMI computes age and gender</li><li>▪ Interpreting BMI: Children</li></ul>	<ul style="list-style-type: none"><li>▪ Child Body Fat Tracker™</li><li>▪ Test Your Knowledge Exercises</li><li>▪ Practical Assignment</li></ul>

# 9. Monitoring a child's growth and body fat

Unit	Here's what you'll learn	Extra support material
9.1 Measuring body mass	<ul style="list-style-type: none"> <li>▪ Why bother with BMI?</li> <li>▪ Step 1. Measure height and weight</li> <li>▪ Handout: Child Height and Weight Tracker™</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Height and Weight Tracker™</li> </ul>
9.2 How to use growth charts	<ul style="list-style-type: none"> <li>▪ Example: Sarah</li> <li>▪ Step 2. Calculate a child's BMI</li> <li>▪ Step 3. Use the boys/girls BMI chart</li> </ul>	<ul style="list-style-type: none"> <li>▪ Adult BMI Calculator</li> <li>▪ Child BMI Calculator</li> </ul>
9.3 Body composition analysis	<ul style="list-style-type: none"> <li>▪ Boys and girls BMI charts</li> <li>▪ Figure 1: A typical BMI chart (boys)</li> <li>▪ Figure 2: Using a BMI chart (girls)</li> <li>▪ Reference ranges</li> <li>▪ What do BMI centiles tell us?</li> <li>▪ Handout: Child BMI Calculator</li> <li>▪ Example: Sarah</li> <li>▪ Rose-tinted glasses</li> <li>▪ BMI centiles in practice</li> <li>▪ What if a child is younger than 2?</li> <li>▪ Final considerations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Body Fat Tracker™</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Practical Assignment</li> </ul>

# 9. Monitoring a child's growth and body fat

Unit	Here's what you'll learn	Extra support material
9.1 Measuring body mass	<ul style="list-style-type: none"><li>▪ Beyond BMI measures</li><li>▪ Often, it's what's inside that counts</li><li>▪ What's your body made up of?</li></ul>	<ul style="list-style-type: none"><li>▪ Child Height and Weight Tracker™</li></ul>
9.2 How to use growth charts	<ul style="list-style-type: none"><li>▪ Figure: Your Body's Components</li><li>▪ How to measure body composition</li><li>▪ Body composition methods</li></ul>	<ul style="list-style-type: none"><li>▪ Adult BMI Calculator</li><li>▪ Child BMI Calculator</li></ul>
9.3 Body composition analysis	<ul style="list-style-type: none"><li>▪ Is there an ideal body fat percentage?</li><li>▪ Measuring body fat</li><li>▪ Bioelectrical Impedance Analysis</li><li>▪ BIA testing preparation</li><li>▪ BIA Pre-Test Preparation</li><li>▪ BIA Recommendations</li><li>▪ BIA procedure</li><li>▪ Handout: Child Body Fat Tracker™</li><li>▪ Your learning outcomes</li></ul>	<ul style="list-style-type: none"><li>▪ Child Body Fat Tracker™</li><li>▪ Test Your Knowledge Exercises</li><li>▪ Practical Assignment</li></ul>

# 10. Calculating a child's caloric needs

Unit	Here's what you'll learn	Extra support material
<p>10.1 How many daily calories does a child need?</p> <p>10.2 How to calculate daily caloric needs for boys and girls</p>	<ul style="list-style-type: none"> <li>▪ Child energy needs calculations</li> <li>▪ How much should you feed a child?</li> <li>▪ Confused about calories?</li> <li>▪ It's a balancing act</li> <li>▪ Figure 1: Energy Expenditure</li> <li>▪ "Oh grow up, will you?"</li> <li>▪ Let's talk survival techniques</li> <li>▪ The thermic effect of food</li> <li>▪ Let's get moving</li> <li>▪ Exercise expends energy: Adults</li> <li>▪ Exercise expends energy: Children</li> <li>▪ DCN formulas per age, weight, gender, and PAL</li> <li>▪ What determines energy needs?</li> <li>▪ DCN for 0- to 36-month olds</li> <li>▪ DCN for 3- to 8-year-old boys</li> <li>▪ DCN for 3- to 8-year-old girls</li> </ul>	<ul style="list-style-type: none"> <li>▪ Daily Caloric Need Calculators™:             <ul style="list-style-type: none"> <li>▪ 0 to 36 months (boys and girls)</li> <li>▪ 3 to 8 years (boys)</li> <li>▪ 3 to 8 years (girls)</li> <li>▪ 9 to 16 years (boys)</li> <li>▪ 9 to 16 years (girls)</li> </ul> </li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

# 10. Calculating a child's caloric needs

Unit	Here's what you'll learn	Extra support material
<p>10.1 How many daily calories does a child need?</p> <p>10.2 How to calculate daily caloric needs for boys and girls</p>	<ul style="list-style-type: none"><li>▪ DCN for 9- to 16-year-old boys</li><li>▪ DCN for 9- to 16-year-old girls</li><li>▪ Categorising a child's PAL</li><li>▪ Example: Craig (10-month-old boy)</li><li>▪ Example: Rebecca (7-year-old girl)</li><li>▪ Example: Angelo (12-year-old boy)</li><li>▪ Fuelling active children</li><li>▪ "Quick look-up" DCN table</li><li>▪ Handouts: Daily Caloric Need Calculators<ul style="list-style-type: none"><li>▪ DCN Calculator: 0 to 36 months (boys and girls)</li><li>▪ DCN Calculator: 3 to 8 years (boys)</li><li>▪ DCN Calculator: 3 to 8 years (girls)</li><li>▪ DCN Calculator: 9 to 16 years (boys)</li><li>▪ DCN Calculator: 9 to 16 years (girls)</li></ul></li><li>▪ Example: Martin</li></ul>	<ul style="list-style-type: none"><li>▪ Daily Caloric Need Calculators™:<ul style="list-style-type: none"><li>▪ 0 to 36 months (boys and girls)</li><li>▪ 3 to 8 years (boys)</li><li>▪ 3 to 8 years (girls)</li><li>▪ 9 to 16 years (boys)</li><li>▪ 9 to 16 years (girls)</li></ul></li><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li></ul>

# 11. Planning a child's diet

Unit	Here's what you'll learn	Extra support material
<p>11.1 Assessing a child's daily caloric intake</p> <p>11.2 Gaining or losing body weight?</p>	<ul style="list-style-type: none"><li>▪ Food journal. Sample intakes.</li><li>▪ Formulas are for weight maintenance</li><li>▪ Obese or underweight?</li><li>▪ DCN adjustments</li><li>▪ Overweight children</li><li>▪ Calories in food</li><li>▪ How to look for nutritional data</li><li>▪ Where does food energy come from?</li><li>▪ Non-energy foods</li><li>▪ Calories in children's foods</li><li>▪ Calories: Breakfasts, fruits, drinks</li><li>▪ Calories: Snacks, desserts, eggs, cheeses</li><li>▪ Calories: Meats, pastas, grains, potatoes</li><li>▪ Different foods, different calories</li><li>▪ Concentrated energy</li><li>▪ Standardised Table of Energy Densities</li><li>▪ Searching nutritional facts in foods</li></ul>	<ul style="list-style-type: none"><li>▪ Child Daily Food Journal</li><li>▪ Child Daily Food Planner</li><li>▪ Swipe File: Healthier Food Swaps</li><li>▪ Test Your Knowledge Exercises</li><li>▪ Practical Assignment</li></ul>



# 11. Planning a child's diet

Unit	Here's what you'll learn	Extra support material
<p>11.1 Assessing a child's daily caloric intake</p> <p>11.2 Gaining or losing body weight?</p>	<ul style="list-style-type: none"><li>▪ Example: pitta bread</li><li>▪ Exercise: Order your calories!</li><li>▪ Should you count a child's calories?</li><li>▪ Is an active child eating enough?</li><li>▪ Handout: Child Daily Food Journal</li><li>▪ Meets or exceeds their DCN?</li><li>▪ Example: Rebecca (7-year-old girl)</li><li>▪ Example: Angelo (12-year-old boy)</li><li>▪ Assessing caloric intake</li><li>▪ Planning a child's diet with healthier food swaps</li><li>▪ Planning a child's diet</li><li>▪ Handout: Child Daily Food Planner</li><li>▪ Overfed... yet malnourished?</li><li>▪ Unhealthy weight gain</li><li>▪ Two ways of gaining weight</li><li>▪ Ditching empty calories</li><li>▪ Swipe File: Healthier Food Swaps</li></ul>	<ul style="list-style-type: none"><li>▪ Child Daily Food Journal</li><li>▪ Child Daily Food Planner</li><li>▪ Swipe File: Healthier Food Swaps</li><li>▪ Test Your Knowledge Exercises</li><li>▪ Practical Assignment</li></ul>

# 12. Evaluating a child's carbohydrate requirement

Unit	Here's what you'll learn	Extra support material
<p>12.1 Calculating a child's daily carbohydrate requirement</p>	<ul style="list-style-type: none"> <li>▪ How much carbohydrate should a child be getting?</li> <li>▪ The carbohydrate conundrum</li> <li>▪ What are carbohydrates?</li> <li>▪ Foods containing carbohydrate</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Carb Needs Calculator™</li> </ul>
<p>12.2 Calculating carbs and free sugars in food</p>	<ul style="list-style-type: none"> <li>▪ Your body needs carbohydrate</li> <li>▪ Total carbohydrate needs</li> <li>▪ Carbohydrate Needs Per Activity Level</li> <li>▪ Calculating carbohydrate needs</li> </ul>	<ul style="list-style-type: none"> <li>▪ Free-Sugars Intake Limit Calculator™</li> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>12.3 Fibre</p>	<ul style="list-style-type: none"> <li>▪ Example: Bobby (9-year-old boy)</li> <li>▪ Example: Caroline (5-year-old girl)</li> <li>▪ Handout: Child Carb Needs Calculator™</li> <li>▪ Example: Caroline</li> <li>▪ Restricting “free sugars”</li> <li>▪ Searching carb content in food</li> <li>▪ Food labels: Grams of carbohydrate</li> <li>▪ “Free sugars” should be restricted</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Takeaways</li> </ul>

# 12. Evaluating a child's carbohydrate requirement

Unit	Here's what you'll learn	Extra support material
<p>12.1 Calculating a child's daily carbohydrate requirement</p>	<ul style="list-style-type: none"> <li>▪ Example: Bobby (9-year-old boy)</li> <li>▪ Example: Caroline (5-year-old girl)</li> <li>▪ Handout: Free-Sugars Intake Limit Calculator™</li> <li>▪ Example: Bobby</li> <li>▪ Food labels: Grams of “free sugars”</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Carb Needs Calculator™</li> <li>▪ Free-Sugars Intake Limit Calculator™</li> </ul>
<p>12.2 Calculating carbs and free sugars in food</p>	<ul style="list-style-type: none"> <li>▪ What counts as “free sugar”?</li> <li>▪ How much fibre do children need?</li> <li>▪ Fibre Requirements For Children</li> <li>▪ Fibre is beneficial to health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>12.3 Fibre</p>	<ul style="list-style-type: none"> <li>▪ Food labels: Grams of fibre</li> <li>▪ Which foods are high in fibre?</li> <li>▪ Example: Bobby (9-year-old boy)</li> <li>▪ Example: Caroline (5-year-old girl)</li> <li>▪ Easy Snack and Drink Substitutions</li> <li>▪ Practical takeaways</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Takeaways</li> </ul>

# 13. Evaluating a child's protein requirement

Unit	Here's what you'll learn	Extra support material
<p>13.1 Skills Lab™: Is your child getting enough protein?</p>	<ul style="list-style-type: none"> <li>▪ How much protein does a child need?</li> <li>▪ Protein = essential to child growth</li> <li>▪ Correcting deficiencies</li> <li>▪ Amino acids for a healthy mind</li> </ul>	<ul style="list-style-type: none"> <li>▪ Amino Acid Deficiency Evaluation™</li> </ul>
<p>13.2 Calculating a child's daily protein requirements</p>	<ul style="list-style-type: none"> <li>▪ Other neurotransmitters</li> <li>▪ A child needs adequate protein</li> <li>▪ So, are you protein-proficient?</li> <li>▪ What are proteins?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Amino Acid Deficiency Scale™</li> <li>▪ Child Protein Needs Calculator™</li> </ul>
<p>13.3 Protein in animal and vegetarian food sources</p>	<ul style="list-style-type: none"> <li>▪ From protein to amino acids</li> <li>▪ Combining amino acids into proteins</li> <li>▪ Essential, non-essential, conditional</li> <li>▪ Amino Acids Classification</li> <li>▪ Essential amino acids in children</li> <li>▪ Protein is everywhere!</li> <li>▪ A Child's Body Needs Protein</li> <li>▪ Protein needs can be calculated</li> <li>▪ Protein formulas for infants</li> </ul>	<ul style="list-style-type: none"> <li>▪ Checklist: Good Sources of Protein</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 13. Evaluating a child's protein requirement

Unit	Here's what you'll learn	Extra support material
<p>13.1 Skills Lab™: Is your child getting enough protein?</p>	<ul style="list-style-type: none"> <li>▪ Protein formulas for children</li> <li>▪ Example: Sandra (2-year-old girl)</li> <li>▪ Example: Teddy (10-year-old boy)</li> <li>▪ Handout: Child Protein Needs Calculator™</li> </ul>	<ul style="list-style-type: none"> <li>▪ Amino Acid Deficiency Evaluation™</li> </ul>
<p>13.2 Calculating a child's daily protein requirements</p>	<ul style="list-style-type: none"> <li>▪ Example: Teddy</li> <li>▪ Meeting protein requirements through food</li> <li>▪ Meeting daily protein needs</li> <li>▪ Good Sources of Protein</li> </ul>	<ul style="list-style-type: none"> <li>▪ Amino Acid Deficiency Scale™</li> <li>▪ Child Protein Needs Calculator™</li> </ul>
<p>13.3 Protein in animal and vegetarian food sources</p>	<ul style="list-style-type: none"> <li>▪ What's protein quality?</li> <li>▪ Excellent vs reasonable protein quality</li> <li>▪ Combining amino acids</li> <li>▪ Other plant protein combos</li> <li>▪ Additional protein tips</li> <li>▪ Example: Teddy (10-year-old boy)</li> <li>▪ Example: Sandra (2-year-old girl)</li> <li>▪ Appendix: 25 g of Protein By Eye</li> <li>▪ Practical takeaways for you</li> </ul>	<ul style="list-style-type: none"> <li>▪ Checklist: Good Sources of Protein</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 13. Evaluating a child's protein requirement

Unit	Here's what you'll learn	Extra support material
<p>13.1 Skills Lab™: Is your child getting enough protein?</p> <p>13.2 Calculating a child's daily protein requirements</p> <p>13.3 Protein in animal and vegetarian food sources</p>	<ul style="list-style-type: none"><li>▪ Introducing the Amino Acid Deficiency Evaluation™ (Skills Lab™)</li><li>▪ Applying the Amino Acid Deficiency Scale™</li></ul>	<ul style="list-style-type: none"><li>▪ Amino Acid Deficiency Evaluation™</li><li>▪ Amino Acid Deficiency Scale™</li><li>▪ Child Protein Needs Calculator™</li><li>▪ Checklist: Good Sources of Protein</li><li>▪ Practical Assignment</li><li>▪ Test Your Knowledge Exercises</li></ul>

# 14. Evaluating a child's fat requirement

Unit	Here's what you'll learn	Extra support material
14.1 Dietary fat needs in children	<ul style="list-style-type: none"> <li>▪ Calculating a child's dietary fat requirements</li> <li>▪ Are you a fat fanatic?</li> <li>▪ What is fat?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Total Fat Needs Calculator™</li> </ul>
14.2 Fats to include and fats to avoid	<ul style="list-style-type: none"> <li>▪ Fat contains fatty acid chains</li> <li>▪ A child's body needs fats</li> <li>▪ Total Fat Requirements For Children</li> </ul>	<ul style="list-style-type: none"> <li>▪ Checklist: Good Sources of Omega 3</li> </ul>
14.3 Combining carbohydrate, protein and fat needs	<ul style="list-style-type: none"> <li>▪ Child Total Fat Needs Calculator™</li> <li>▪ Example: Sandy</li> <li>▪ Example: Ricky (2-year-old boy)</li> <li>▪ Example: Nina (8-year-old girl)</li> <li>▪ Food labels: Grams of total fat</li> <li>▪ Understanding the ins and outs of good vs bad fats</li> <li>▪ Essential fats to consume</li> <li>▪ Omega 3 fatty acids</li> <li>▪ Figure: Omega 3 Molecules</li> <li>▪ Why is Omega 3 important?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Checklist: Good Sources of Omega 6</li> <li>▪ 60 Foods To Watch For Damaged Fats</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Practical assignments</li> </ul>

# 14. Evaluating a child's fat requirement

Unit	Here's what you'll learn	Extra support material
14.1 Dietary fat needs in children	<ul style="list-style-type: none"> <li>▪ Omega 6 fatty acids</li> <li>▪ Figure: Omega 6 Molecules</li> <li>▪ Why is Omega 6 important?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Total Fat Needs Calculator™</li> </ul>
14.2 Fats to include and fats to avoid	<ul style="list-style-type: none"> <li>▪ Omega Requirements For Girls</li> <li>▪ Omega Requirements For Boys</li> <li>▪ Table: Good Sources of Omega 3</li> <li>▪ Table: Good Sources of Omega 6</li> </ul>	<ul style="list-style-type: none"> <li>▪ Checklist: Good Sources of Omega 3</li> </ul>
14.3 Combining carbohydrate, protein and fat needs	<ul style="list-style-type: none"> <li>▪ Fats to avoid</li> <li>▪ Artificial trans fats</li> <li>▪ What's hydrogenation?</li> <li>▪ Damaged fats + trans fats</li> <li>▪ Bad for the brain!</li> <li>▪ Kids' foods = junk food?</li> <li>▪ Check that label!</li> <li>▪ 60 Foods To Watch For Damaged Fats</li> <li>▪ Bringing it all together</li> <li>▪ Macronutrient proportions</li> </ul>	<ul style="list-style-type: none"> <li>▪ Checklist: Good Sources of Omega 6</li> <li>▪ 60 Foods To Watch For Damaged Fats</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Practical assignments</li> </ul>



# 14. Evaluating a child's fat requirement

Unit	Here's what you'll learn	Extra support material
14.1 Dietary fat needs in children	<ul style="list-style-type: none"><li>▪ Example: Total fat</li><li>▪ Practical takeaways for you</li><li>▪ Appendix – optional supporting materials</li></ul>	<ul style="list-style-type: none"><li>▪ Child Total Fat Needs Calculator™</li></ul>
14.2 Fats to include and fats to avoid	<ul style="list-style-type: none"><li>▪ Converting protein (grams) to % DCN</li><li>▪ Converting total fat (grams) to % DCN</li></ul>	<ul style="list-style-type: none"><li>▪ Checklist: Good Sources of Omega 3</li></ul>
14.3 Combining carbohydrate, protein and fat needs	<ul style="list-style-type: none"><li>▪ Example A: Malcolm (6-year-old boy)</li><li>▪ Example B: Angela (11-year-old girl)</li></ul>	<ul style="list-style-type: none"><li>▪ Checklist: Good Sources of Omega 6</li><li>▪ 60 Foods To Watch For Damaged Fats</li><li>▪ Test Your Knowledge Exercises</li><li>▪ Practical assignments</li></ul>

# 15. Uncovering blood sugar imbalances

Unit	Here's what you'll learn	Extra support material
15.1 Skills Lab™: Is your child's blood sugar balanced?	<ul style="list-style-type: none"><li>▪ Insulin and blood sugar highs and lows</li><li>▪ Insulin to the rescue</li><li>▪ The perils of a sugar overdose</li><li>▪ The ups and downs of blood sugar</li></ul>	<ul style="list-style-type: none"><li>▪ Sugar Imbalance Evaluation™</li><li>▪ Sugar Imbalance Scale™</li></ul>
15.2 Effects of blood sugar imbalance	<ul style="list-style-type: none"><li>▪ Blood sugar and the insulin response</li><li>▪ Sugar imbalance and IQ</li><li>▪ Blood sugar dips</li><li>▪ Sugar and hyperactivity</li></ul>	<ul style="list-style-type: none"><li>▪ Sugary Foods and Drinks Inventory™</li><li>▪ Test Your Knowledge Exercises</li></ul>
15.3 Diabetes management	<ul style="list-style-type: none"><li>▪ Handout: Sugary Foods and Drinks Inventory™</li><li>▪ Type 1 and type 2 diabetes</li><li>▪ Childhood obesity and diabetes</li><li>▪ Diabetes<ul style="list-style-type: none"><li>▪ Type 1 diabetes</li><li>▪ Type 1 diabetes management</li><li>▪ Type 2 diabetes</li><li>▪ Type 2 diabetes management</li></ul></li><li>▪ Fatty liver disease</li></ul>	<ul style="list-style-type: none"><li>▪ Practical assignments</li><li>▪ Video</li></ul>

# 15. Uncovering blood sugar imbalances

Unit	Here's what you'll learn	Extra support material
<p>15.1 Skills Lab™: Is your child's blood sugar balanced?</p> <p>15.2 Effects of blood sugar imbalance</p> <p>15.3 Diabetes management</p>	<ul style="list-style-type: none"><li>▪ Fast-releasing vs slow-releasing carbs</li><li>▪ Low GI and body fat</li><li>▪ Introducing the Sugar Imbalance Evaluation™ (Skills Lab™)</li><li>▪ Applying the Sugar Imbalance Scale™</li></ul>	<ul style="list-style-type: none"><li>▪ Sugar Imbalance Evaluation™</li><li>▪ Sugar Imbalance Scale™</li><li>▪ Sugary Foods and Drinks Inventory™</li><li>▪ Test Your Knowledge Exercises</li><li>▪ Practical assignments</li><li>▪ Video</li></ul>

# 16. Mastering blood sugar control and cravings

Unit	Here's what you'll learn	Extra support material
<p>16.1 Mastering blood sugar control with the GI index</p> <p>16.2 Practical strategies for an effective Low GI eating</p> <p>16.3 Weaning a child off sugar</p>	<ul style="list-style-type: none"> <li>▪ Understanding the glycaemic index (GI) of foods for children</li> <li>▪ What's the glycaemic index?</li> <li>▪ GI and the rise of glucose levels</li> <li>▪ The GI of a diet and health</li> <li>▪ High insulin and hunger</li> <li>▪ Low GI foods and satiety</li> <li>▪ Blood glucose and fat gain</li> <li>▪ How to use the glycaemic index</li> <li>▪ GI ranking and categories</li> <li>▪ Where to find the GI in foods</li> <li>▪ How to read a GI table</li> <li>▪ Includes our proprietary "Low GI Grocery List"</li> <li>▪ Slowing the passage of sugar</li> <li>▪ How to reduce the GI of a meal</li> <li>▪ Other protein/carb combinations</li> <li>▪ Reducing the GI with fibre</li> </ul>	<ul style="list-style-type: none"> <li>▪ THSA Low GI Grocery List™</li> <li>▪ My Family's Low GI Grocery List™</li> <li>▪ Additional Resources:               <ul style="list-style-type: none"> <li>Low GI Recipes</li> </ul> </li> <li>▪ Checklist: Lower GI Breakfast Swaps</li> <li>▪ Handout: Eating Tactics for Child Blood Sugar Control</li> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 16. Mastering blood sugar control and cravings

Unit	Here's what you'll learn	Extra support material
<p>16.1 Mastering blood sugar control with the GI index</p>	<ul style="list-style-type: none"> <li>▪ Fibre combos for a lower GI</li> <li>▪ Adding healthy fats</li> <li>▪ More GI-reducing tips</li> <li>▪ Handout: Low GI Grocery List</li> </ul>	<ul style="list-style-type: none"> <li>▪ THSA Low GI Grocery List™</li> <li>▪ My Family's Low GI Grocery List™</li> </ul>
<p>16.2 Practical strategies for an effective Low GI eating</p>	<ul style="list-style-type: none"> <li>▪ Worksheet: My Family's Low GI Grocery List</li> <li>▪ Additional Resources: Low GI Recipes</li> <li>▪ Practical strategies for blood sugar control</li> <li>▪ Balancing a child's blood glucose</li> <li>▪ Handout: Lower GI Breakfast Swaps</li> </ul>	<ul style="list-style-type: none"> <li>▪ Additional Resources: Low GI Recipes</li> <li>▪ Checklist: Lower GI Breakfast Swaps</li> </ul>
<p>16.3 Weaning a child off sugar</p>	<ul style="list-style-type: none"> <li>▪ Weaning a child off sugar</li> <li>▪ Occasional treats</li> <li>▪ Keeping that GI down</li> <li>▪ Watch out for these "oses"</li> <li>▪ Post-exercise sugar needs</li> <li>▪ Replacing sweat losses and glycogen</li> <li>▪ Homemade sports drinks tips</li> <li>▪ What about sugar substitutes?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Handout: Eating Tactics for Child Blood Sugar Control</li> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 16. Mastering blood sugar control and cravings

Unit	Here's what you'll learn	Extra support material
<p>16.1 Mastering blood sugar control with the GI index</p> <p>16.2 Practical strategies for an effective Low GI eating</p> <p>16.3 Weaning a child off sugar</p>	<ul style="list-style-type: none"><li>▪ Xylitol and blood sugar</li><li>▪ Other blood-sugar disruptors</li><li>▪ Chocolate bars and cocoa drinks</li><li>▪ What about tea?</li><li>▪ Handout: Eating Tactics for Child Blood Sugar Control</li></ul>	<ul style="list-style-type: none"><li>▪ THSA Low GI Grocery List™</li><li>▪ My Family's Low GI Grocery List™</li><li>▪ Additional Resources:<ul style="list-style-type: none"><li>Low GI Recipes</li></ul></li><li>▪ Checklist: Lower GI Breakfast Swaps</li><li>▪ Handout: Eating Tactics for Child Blood Sugar Control</li><li>▪ Test Your Knowledge Exercises</li></ul>

# 17. Detecting "smart fats" deficiencies

Unit	Here's what you'll learn	Extra support material
<p>17.1 Skills Lab™: Is your child consuming sufficient Omegas?</p>	<ul style="list-style-type: none"> <li>▪ Physical, mental, and emotional effects</li> <li>▪ Essential fatty acids</li> <li>▪ A quality cell membrane</li> <li>▪ Physical, mental, emotional effects</li> <li>▪ Other deficiency symptoms</li> </ul>	<ul style="list-style-type: none"> <li>▪ Essential Omegas Deficiency Evaluation™</li> <li>▪ Essential Omegas Deficiency Scale™</li> </ul>
<p>17.2 Fatty acid deficiency symptoms</p>	<ul style="list-style-type: none"> <li>▪ The great Omegas</li> <li>▪ Lipids: A big family</li> <li>▪ Chart: Lipids in the Foods We Eat</li> <li>▪ An egg in the lunchbox</li> </ul>	<ul style="list-style-type: none"> <li>▪ Phospholipids Deficiency Evaluation™</li> </ul>
<p>17.3 Skills Lab™: Is your child consuming sufficient phospholipids?</p>	<ul style="list-style-type: none"> <li>▪ But aren't eggs bad?</li> <li>▪ Which nutrients are found in eggs?</li> <li>▪ Happy chickens, healthy eggs</li> <li>▪ Phospholipids in egg yolks</li> <li>▪ Phospholipids as DHA carriers</li> </ul>	<ul style="list-style-type: none"> <li>▪ Phospholipids Deficiency Scale™</li> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>17.4 Correcting fatty acid deficiencies</p>	<ul style="list-style-type: none"> <li>▪ Assessing a child's phospholipid status</li> <li>▪ Skills Lab™: Is your child consuming sufficient phospholipids?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Assignments</li> </ul>

# 17. Detecting "smart fats" deficiencies

Unit	Here's what you'll learn	Extra support material
<p>17.1 Skills Lab™: Is your child consuming sufficient Omegas?</p>	<ul style="list-style-type: none"> <li>▪ Phospholipids. Omega 3:6 ratio. EPA and DHA.</li> <li>▪ Food sources</li> <li>▪ Addressing a deficiency risk</li> <li>▪ What about saturated fat?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Essential Omegas Deficiency Evaluation™</li> <li>▪ Essential Omegas Deficiency Scale™</li> </ul>
<p>17.2 Fatty acid deficiency symptoms</p>	<ul style="list-style-type: none"> <li>▪ And olive oil?</li> <li>▪ Getting the balance right</li> <li>▪ What's the ideal Omega 3 to 6 ratio?</li> <li>▪ Cooking a deficiency?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Phospholipids Deficiency Evaluation™</li> </ul>
<p>17.3 Skills Lab™: Is your child consuming sufficient phospholipids?</p>	<ul style="list-style-type: none"> <li>▪ Active Omega 3s = EPA + DHA</li> <li>▪ Direct EPA and DHA sources</li> <li>▪ ALA into EPA and DHA conversion rate</li> <li>▪ Table: EPA Plus DHA Needs in Children</li> <li>▪ What about vegan children?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Phospholipids Deficiency Scale™</li> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>17.4 Correcting fatty acid deficiencies</p>	<ul style="list-style-type: none"> <li>▪ Essential fats in the child's diet</li> <li>▪ EPA and DHA practicalities</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Assignments</li> </ul>



# 17. Detecting "smart fats" deficiencies

Unit	Here's what you'll learn	Extra support material
<p>17.1 Skills Lab™: Is your child consuming sufficient Omegas?</p> <p>17.2 Fatty acid deficiency symptoms</p> <p>17.3 Skills Lab™: Is your child consuming sufficient phospholipids?</p> <p>17.4 Correcting fatty acid deficiencies</p>	<ul style="list-style-type: none"><li>▪ Introducing the Essential Omegas Deficiency Evaluation™</li><li>▪ Applying the Essential Omegas Deficiency Scale™</li><li>▪ Introducing the Phospholipids Deficiency Evaluation™</li><li>▪ Applying the Phospholipids Deficiency Scale™</li></ul>	<ul style="list-style-type: none"><li>▪ Essential Omegas Deficiency Evaluation™</li><li>▪ Essential Omegas Deficiency Scale™</li><li>▪ Phospholipids Deficiency Evaluation™</li><li>▪ Phospholipids Deficiency Scale™</li><li>▪ Test Your Knowledge Exercises</li><li>▪ Practical Assignments</li></ul>

# 18. Obesity, food addiction, and weight management

Unit	Here's what you'll learn	Extra support material
<p>18.1 The dangers of childhood obesity</p>	<ul style="list-style-type: none"> <li>▪ What is obesity? What are the risks?</li> <li>▪ Obesogenic food environment</li> <li>▪ Childhood obesity risks</li> </ul>	<ul style="list-style-type: none"> <li>▪ Eating Tactics Planner™</li> </ul>
<p>18.2 Unsuspected factors that lead to unhealthy fat gain</p>	<ul style="list-style-type: none"> <li>▪ Excess weight among children</li> <li>▪ Deadly blood clots</li> <li>▪ How to tell if a child is overweight</li> </ul>	<ul style="list-style-type: none"> <li>▪ My Token Reward Chart</li> <li>▪ Token Reward Cut-outs</li> </ul>
<p>18.3 Healthy ways to fight excess body fat</p>	<ul style="list-style-type: none"> <li>▪ What is obesity?</li> <li>▪ Lower IQ and poorer memory?</li> <li>▪ Prevention starts in the womb</li> <li>▪ Generation inactive</li> </ul>	<ul style="list-style-type: none"> <li>▪ Handout: THSA Activity Guidelines by Age</li> </ul>
<p>18.4 Practical ways to achieve a healthier weight</p>	<ul style="list-style-type: none"> <li>▪ Reading task!</li> <li>▪ Overeating. Genes. Microbiome. Metabolic issues.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading Task</li> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>18.5 Eating tactics to stay healthy and lean</p>	<ul style="list-style-type: none"> <li>▪ What makes children overweight?</li> <li>▪ Overfeeding affection</li> <li>▪ Environmental triggers</li> <li>▪ Could it be obesity genes?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Assignment</li> </ul>

# 18. Obesity, food addiction, and weight management

Unit	Here's what you'll learn	Extra support material
<p>18.1 The dangers of childhood obesity</p>	<ul style="list-style-type: none"> <li>▪ When genes are not destiny</li> <li>▪ Lack of microbial diversity</li> <li>▪ Low intake of plant-based foods</li> </ul>	<ul style="list-style-type: none"> <li>▪ Eating Tactics Planner™</li> </ul>
<p>18.2 Unsuspected factors that lead to unhealthy fat gain</p>	<ul style="list-style-type: none"> <li>▪ What about saturated fat?</li> <li>▪ Disrupted glucose metabolism</li> <li>▪ Insulin anabolism</li> </ul>	<ul style="list-style-type: none"> <li>▪ My Token Reward Chart</li> <li>▪ Token Reward Cut-outs</li> </ul>
<p>18.3 Healthy ways to fight excess body fat</p>	<ul style="list-style-type: none"> <li>▪ Resistant to insulin's effects</li> <li>▪ Amplified fat storage</li> <li>▪ A vicious metabolic cycle</li> <li>▪ Hyper-insulinaemia and cravings</li> </ul>	<ul style="list-style-type: none"> <li>▪ Handout: THSA Activity Guidelines by Age</li> </ul>
<p>18.4 Practical ways to achieve a healthier weight</p>	<ul style="list-style-type: none"> <li>▪ Why do children overeat?</li> <li>▪ Food addiction</li> <li>▪ Sleep debt = voracious appetite?</li> <li>▪ Brain reward centres</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading Task</li> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>18.5 Eating tactics to stay healthy and lean</p>	<ul style="list-style-type: none"> <li>▪ Food and brain reward</li> <li>▪ Staying healthy and lean</li> <li>▪ How to maintain a healthy weight</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Assignment</li> </ul>

# 18. Obesity, food addiction, and weight management

Unit	Here's what you'll learn	Extra support material
<p>18.1 The dangers of childhood obesity</p>	<ul style="list-style-type: none"> <li>▪ Moving to ease emotional eating</li> <li>▪ Finding an activity to enjoy</li> <li>▪ Making exercise fun</li> </ul>	<ul style="list-style-type: none"> <li>▪ Eating Tactics Planner™</li> <li>▪ My Token Reward Chart</li> </ul>
<p>18.2 Unsuspected factors that lead to unhealthy fat gain</p>	<ul style="list-style-type: none"> <li>▪ How much exercise a child needs</li> <li>▪ Parental criticism, restricting food</li> <li>▪ Focusing on food, not weight</li> <li>▪ Building self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>▪ Token Reward Cut-outs</li> <li>▪ Handout: THSA Activity Guidelines by Age</li> </ul>
<p>18.3 Healthy ways to fight excess body fat</p>	<ul style="list-style-type: none"> <li>▪ Theory of the Dipper and the Bucket</li> <li>▪ Every drop in the bucket counts</li> <li>▪ Positive psychology</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading Task</li> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>18.4 Practical ways to achieve a healthier weight</p>	<ul style="list-style-type: none"> <li>▪ Targeted strategies and the science behind them</li> <li>▪ Dietary strategies for a healthy weight</li> <li>▪ Eating together</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Assignment</li> </ul>
<p>18.5 Eating tactics to stay healthy and lean</p>	<ul style="list-style-type: none"> <li>▪ Being a positive role model</li> <li>▪ Food environment redesign</li> <li>▪ Food as a reward: good or bad?</li> </ul>	

# 18. Obesity, food addiction, and weight management

Unit	Here's what you'll learn	Extra support material
<p>18.1 The dangers of childhood obesity</p> <p>18.2 Unsuspected factors that lead to unhealthy fat gain</p> <p>18.3 Healthy ways to fight excess body fat</p> <p>18.4 Practical ways to achieve a healthier weight</p> <p>18.5 Eating tactics to stay healthy and lean</p>	<ul style="list-style-type: none"> <li>▪ A mindful brain for impulsive eating</li> <li>▪ Gut microbiota vs obesity genes</li> <li>▪ Healthy fats make leaner kids?</li> <li>▪ Promoting positive behavioural change</li> <li>▪ Fostering behavioural changes</li> <li>▪ 18 eating tactics to stay lean and healthy</li> <li>▪ Write your own!</li> <li>▪ Keeping meal times stress-free</li> <li>▪ Top tip!</li> <li>▪ Personalising your recommendations</li> <li>▪ Handout: Eating Tactics Planner™</li> <li>▪ Using token rewards</li> <li>▪ Handout: My Token Reward Chart</li> <li>▪ Token Reward Cut-outs</li> <li>▪ Example</li> </ul>	<ul style="list-style-type: none"> <li>▪ Eating Tactics Planner™</li> <li>▪ My Token Reward Chart</li> <li>▪ Token Reward Cut-outs</li> <li>▪ Handout: THSA Activity Guidelines by Age</li> <li>▪ Reading Task</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Practical Assignment</li> </ul>

# 19. Nutrition for mood, depression, and aggression

Unit	Here's what you'll learn	Extra support material
19.1 Nutrition for mood and behaviour	<ul style="list-style-type: none"><li>▪ Addressing mood and behaviour imbalances</li><li>▪ Nutrition and psychological health</li><li>▪ Imbalances linked to nutrition</li><li>▪ Blood sugar imbalances</li></ul>	<ul style="list-style-type: none"><li>▪ Test Your Knowledge Exercises</li></ul>
19.2 Amino acids that help with a child's mood	<ul style="list-style-type: none"><li>▪ Improving mood through nutrition</li><li>▪ Vitamin B3 – Niacin</li><li>▪ Vitamin B6 – Pyridoxine</li><li>▪ Vitamin B12 – Cobalamin</li></ul>	<ul style="list-style-type: none"><li>▪ Your Key Takeaways</li></ul>
19.3 Calming anger and aggression	<ul style="list-style-type: none"><li>▪ Folate – Vitamin B9</li><li>▪ Zinc</li><li>▪ Magnesium</li><li>▪ Anti-depressant Omega 3s?</li><li>▪ Vitamin C</li><li>▪ Biotin – Vitamin B7</li><li>▪ Influence of nutrients on neurotransmitters</li><li>▪ Neurotransmitters influence mood</li><li>▪ Explaining a low mood</li></ul>	

# 19. Nutrition for mood, depression, and aggression

Unit	Here's what you'll learn	Extra support material
19.1 Nutrition for mood and behaviour	<ul style="list-style-type: none"><li>▪ Insufficiency of mood-enhancers</li><li>▪ Not enough lux?</li><li>▪ Staying physically active</li><li>▪ Serotonin and tryptophan</li></ul>	<ul style="list-style-type: none"><li>▪ Test Your Knowledge Exercises</li></ul>
19.2 Amino acids that help with a child's mood	<ul style="list-style-type: none"><li>▪ "Happy" meals</li><li>▪ Enthused amino acids</li><li>▪ Making cheerful neurotransmitters</li><li>▪ SAME and TMG (betaine)</li></ul>	<ul style="list-style-type: none"><li>▪ Your Key Takeaways</li></ul>
19.3 Calming anger and aggression	<ul style="list-style-type: none"><li>▪ Let's recap</li><li>▪ Nutrition and aggressive behaviour</li><li>▪ Ameliorating hostility</li><li>▪ A sugar-fuelled fury?</li><li>▪ Deficiencies in an angry brain</li><li>▪ High-stress and nerves</li><li>▪ DHA to keep cool</li><li>▪ Vitamins and minerals</li><li>▪ Reducing antisocial behaviour</li></ul>	

# 19. Nutrition for mood, depression, and aggression

Unit	Here's what you'll learn	Extra support material
<p>19.1 Nutrition for mood and behaviour</p> <p>19.2 Amino acids that help with a child's mood</p> <p>19.3 Calming anger and aggression</p>	<ul style="list-style-type: none"><li>▪ Correcting nutrient deficiencies</li><li>▪ From mania to depression</li><li>▪ Nutrients to include</li><li>▪ Substances to avoid or minimise</li><li>▪ Complementary approaches</li></ul>	<ul style="list-style-type: none"><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li></ul>



# 20. Nutrition to ease hyperactivity and ADHD

Unit	Here's what you'll learn	Extra support material
<p>20.1 Skills Lab™: How hyperactive is your child?</p>	<ul style="list-style-type: none"> <li>▪ Diagnosis and dietary influences</li> <li>▪ How common is ADHD?</li> <li>▪ What are the symptoms of ADHD?</li> <li>▪ Inattentive, restless, impulsive?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Hyperactivity Evaluation™</li> </ul>
<p>20.2 Hyperactivity and ADHD</p>	<ul style="list-style-type: none"> <li>▪ Diagnosing ADHD</li> <li>▪ Diagnostic criteria</li> <li>▪ What causes ADHD?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Hyperactivity Scale™</li> </ul>
<p>20.3 Nutritional strategies for hyperactivity and ADHD</p>	<ul style="list-style-type: none"> <li>▪ Is there a cure for ADHD?</li> <li>▪ ADHD and diet</li> <li>▪ Handout: Child Food and Symptom Journal</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hyper Food Substitutes Planner™</li> </ul>
<p>20.4 Problem foods and elimination diets</p>	<ul style="list-style-type: none"> <li>▪ Can nutrition help reduce hyperactive behaviour?</li> <li>▪ Using diet to reduce hyperactivity</li> <li>▪ Essential fat deficiencies?</li> <li>▪ Compromised conversion</li> <li>▪ Reducing anxiety + attention issues</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Food and Symptom Journal™</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Practical Assignment</li> </ul>

# 20. Nutrition to ease hyperactivity and ADHD

Unit	Here's what you'll learn	Extra support material
<p>20.1 Skills Lab™: How hyperactive is your child?</p>	<ul style="list-style-type: none"> <li>▪ Essential fats from natural foods</li> <li>▪ Mineral deficiencies?</li> <li>▪ The magnesium and zinc link</li> <li>▪ Natural sources vs supplements</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Hyperactivity Evaluation™</li> </ul>
<p>20.2 Hyperactivity and ADHD</p>	<ul style="list-style-type: none"> <li>▪ Food sensitivities and substances to eliminate</li> <li>▪ Foods to include, foods to remove</li> <li>▪ Blood sugar and hyperactivity</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Hyperactivity Scale™</li> </ul>
<p>20.3 Nutritional strategies for hyperactivity and ADHD</p>	<ul style="list-style-type: none"> <li>▪ How to replace free sugars</li> <li>▪ Food sensitivities and salicylates</li> <li>▪ What about gluten and dairy?</li> <li>▪ Gut Imbalances Affect the Brain</li> <li>▪ Dietary and non-dietary influences</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hyper Food Substitutes Planner™</li> <li>▪ Child Food and Symptom Journal™</li> </ul>
<p>20.4 Problem foods and elimination diets</p>	<ul style="list-style-type: none"> <li>▪ Synthetic food additives</li> <li>▪ Food colours and hyperactivity</li> <li>▪ Excitotoxicity = blue dye + MSG</li> <li>▪ Elimination diets</li> <li>▪ Few Foods Diet for ADHD</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Practical Assignment</li> </ul>

# 20. Nutrition to ease hyperactivity and ADHD

Unit	Here's what you'll learn	Extra support material
<p>20.1 Skills Lab™: How hyperactive is your child?</p>	<ul style="list-style-type: none"> <li>▪ Key foods to eliminate</li> <li>▪ Mitigating deficiency risks</li> <li>▪ Handout: Hyper Food Substitutes Planner™</li> <li>▪ Example: Mark</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Hyperactivity Evaluation™</li> </ul>
<p>20.2 Hyperactivity and ADHD</p>	<ul style="list-style-type: none"> <li>▪ How long for symptoms to improve?</li> <li>▪ Keeping things safe</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Hyperactivity Scale™</li> </ul>
<p>20.3 Nutritional strategies for hyperactivity and ADHD</p>	<ul style="list-style-type: none"> <li>▪ Introducing the Child Hyperactivity Evaluation™ (Skills Lab™)</li> <li>▪ Applying the Child Hyperactivity Scale™</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hyper Food Substitutes Planner™</li> </ul>
<p>20.4 Problem foods and elimination diets</p>		<ul style="list-style-type: none"> <li>▪ Child Food and Symptom Journal™</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Practical Assignment</li> </ul>

# 21. Nutrition for autism, epilepsy, and Rett syndrome

Unit	Here's what you'll learn	Extra support material
21.1 Autism symptoms and causes	<ul style="list-style-type: none"> <li>▪ What are the symptoms, and what causes it?</li> <li>▪ Autism Spectrum Disorder (ASD)</li> <li>▪ What are the symptoms?</li> <li>▪ What causes autism?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Swipe File: Gluten or Casein Sensitivities</li> <li>▪ Additional Resources:</li> </ul>
21.2 Do gluten and dairy cause autism?	<ul style="list-style-type: none"> <li>▪ How many children have it?</li> <li>▪ Curious facts about autism!</li> <li>▪ The typical diet of an autistic child</li> </ul>	<ul style="list-style-type: none"> <li>▪ Gluten-free and Probiotic Recipes</li> </ul>
21.3 Toxic exposure and detoxification	<ul style="list-style-type: none"> <li>▪ The gluten and dairy controversy</li> <li>▪ Resolving the gluten and dairy controversy</li> <li>▪ Do gluten and casein cause autism?</li> </ul>	<ul style="list-style-type: none"> <li>▪ THSA Guideline: Fish Intake Limits by Type</li> </ul>
21.4 Ketogenic dieting	<ul style="list-style-type: none"> <li>▪ Undigested peptides</li> <li>▪ The gut-brain axis and autism</li> <li>▪ Eliminating reactive foods</li> <li>▪ Meal plan</li> <li>▪ Additional dietary strategies</li> <li>▪ Food sources of prebiotics</li> <li>▪ Food sources of probiotics</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

# 21. Nutrition for autism, epilepsy, and Rett syndrome

Unit	Here's what you'll learn	Extra support material
<p>21.1 Autism symptoms and causes</p>	<ul style="list-style-type: none"> <li>▪ Better digestion, less permeability</li> <li>▪ Strengthening the gut barrier</li> <li>▪ Nutrients for a stronger gut barrier</li> <li>▪ A daily D3...</li> </ul>	<ul style="list-style-type: none"> <li>▪ Swipe File: Gluten or Casein Sensitivities</li> </ul>
<p>21.2 Do gluten and dairy cause autism?</p>	<ul style="list-style-type: none"> <li>▪ Strategies for picky eating in autism</li> <li>▪ Monitoring positive signs</li> <li>▪ Swipe file: Gluten or Casein Sensitivities</li> </ul>	<ul style="list-style-type: none"> <li>▪ Additional Resources: Gluten-free and Probiotic Recipes</li> </ul>
<p>21.3 Toxic exposure and detoxification</p>	<ul style="list-style-type: none"> <li>▪ Gluten grains to avoid</li> <li>▪ Grains to enjoy</li> <li>▪ Casein products to avoid</li> <li>▪ Calcium substitutes to enjoy</li> </ul>	<ul style="list-style-type: none"> <li>▪ THSA Guideline: Fish Intake Limits by Type</li> </ul>
<p>21.4 Ketogenic dieting</p>	<ul style="list-style-type: none"> <li>▪ Gluten-free and Probiotic Recipes</li> <li>▪ Elimination trial and re-challenge</li> <li>▪ Toxic exposure and glutathione in autism</li> <li>▪ Toxic exposure</li> <li>▪ Glutathione</li> <li>▪ Deficiency</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

# 21. Nutrition for autism, epilepsy, and Rett syndrome

Unit	Here's what you'll learn	Extra support material
<p>21.1 Autism symptoms and causes</p>	<ul style="list-style-type: none"> <li>▪ Improving glutathione levels</li> <li>▪ Dietary strategies</li> <li>▪ Other supporting nutrients</li> <li>▪ Natural “chelators” in the diet</li> </ul>	<ul style="list-style-type: none"> <li>▪ Swipe File: Gluten or Casein Sensitivities</li> </ul>
<p>21.2 Do gluten and dairy cause autism?</p>	<ul style="list-style-type: none"> <li>▪ What about mercury in fish?</li> <li>▪ Mercury bio-accumulation</li> <li>▪ Eat or avoid fish?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Additional Resources: Gluten-free and Probiotic Recipes</li> </ul>
<p>21.3 Toxic exposure and detoxification</p>	<ul style="list-style-type: none"> <li>▪ Other important benefits</li> <li>▪ How much fish is too much?</li> <li>▪ Low-carb in autism, epilepsy, and Rett syndrome</li> </ul>	<ul style="list-style-type: none"> <li>▪ THSA Guideline: Fish Intake Limits by Type</li> </ul>
<p>21.4 Ketogenic dieting</p>	<ul style="list-style-type: none"> <li>▪ Epilepsy in children</li> <li>▪ Childhood epilepsy syndrome types</li> <li>▪ Dual autism and epilepsy</li> <li>▪ What's ketosis?</li> <li>▪ What are ketones?</li> <li>▪ Room for thought, not fuel</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

# 21. Nutrition for autism, epilepsy, and Rett syndrome

Unit	Here's what you'll learn	Extra support material
21.1 Autism symptoms and causes	<ul style="list-style-type: none"><li>▪ A hungry glucose eater</li><li>▪ Back-up brain fuel</li><li>▪ The process of ketogenesis</li><li>▪ Keto-uses</li></ul>	<ul style="list-style-type: none"><li>▪ Swipe File: Gluten or Casein Sensitivities</li></ul>
21.2 Do gluten and dairy cause autism?	<ul style="list-style-type: none"><li>▪ How effective is this diet?</li><li>▪ Things to watch out for</li><li>▪ IGF-1, bone mass, kidney stones</li></ul>	<ul style="list-style-type: none"><li>▪ Additional Resources: Gluten-free and Probiotic Recipes</li></ul>
21.3 Toxic exposure and detoxification	<ul style="list-style-type: none"><li>▪ Rett syndrome and ketosis</li><li>▪ Nutritional strategies</li><li>▪ Correcting deficiencies</li></ul>	<ul style="list-style-type: none"><li>▪ THSA Guideline: Fish Intake Limits by Type</li></ul>
21.4 Ketogenic dieting	<ul style="list-style-type: none"><li>▪ Keto-dieting and supplements</li></ul>	<ul style="list-style-type: none"><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li></ul>

# 22. Resolving picky eating and food neophobia

Unit	Here's what you'll learn	Extra support material
<p>22.1 What's the science behind picky eating?</p> <p>22.2 Skills Lab™: How effective are your feeding strategies?</p> <p>22.3 Science of successfully introducing new, healthier foods</p>	<ul style="list-style-type: none"> <li>▪ Science of picky eating and food neophobia</li> <li>▪ What does “picky eating” mean?</li> <li>▪ Food preferences from the womb</li> <li>▪ Breastfeeding mom’s meals?</li> <li>▪ The secrecies of breast milk...</li> <li>▪ Picky genes?</li> <li>▪ Contagion and early introduction</li> <li>▪ Stereotype priming... from cartoons?</li> <li>▪ Parental nutritional education counts!</li> <li>▪ What’s food neophobia?</li> <li>▪ Figure: Food Neophobia Curve</li> <li>▪ More exploration, less pressure</li> <li>▪ Point to keep in mind</li> <li>▪ How many times until acceptance?</li> <li>▪ “I want what she’s having!”</li> <li>▪ Try this strategy yourself!</li> <li>▪ Picky eating... or something else?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Feeding Strategies Assessment™</li> <li>▪ Feeding Effectiveness Scale™</li> <li>▪ Feeding Effectiveness Tracker™</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Practical Assignment</li> </ul>



# 22. Resolving picky eating and food neophobia

Unit	Here's what you'll learn	Extra support material
<p>22.1 What's the science behind picky eating?</p> <p>22.2 Skills Lab™: How effective are your feeding strategies?</p> <p>22.3 Science of successfully introducing new, healthier foods</p>	<ul style="list-style-type: none"> <li>▪ Food selectivity in autistic children</li> <li>▪ What does the research on feeding strategies say?</li> <li>▪ Science behind feeding strategies</li> <li>▪ Prompts, rewards, bargaining...</li> <li>▪ How effective are other strategies?</li> <li>▪ What if the child is temperamental?</li> <li>▪ Point to keep in mind</li> <li>▪ Does parental behaviour matter?</li> <li>▪ Rules and following through</li> <li>▪ Does promising food treats work?</li> <li>▪ Reframing the meaning of "treats"</li> <li>▪ So, which strategy works best?</li> <li>▪ Handout: Feeding Effectiveness Tracker™</li> <li>▪ It may not be the strategy itself!</li> <li>▪ Introducing the Feeding Strategies Assessment™ and Scale (Skills Lab™)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Feeding Strategies Assessment™</li> <li>▪ Feeding Effectiveness Scale™</li> <li>▪ Feeding Effectiveness Tracker™</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Practical Assignment</li> </ul>

# 23. Taste training for children

Unit	Here's what you'll learn	Extra support material
<p>23.1 How to perform taste training</p>	<ul style="list-style-type: none"> <li>▪ Multi-sensory food education</li> <li>▪ Every exposure matters!</li> <li>▪ Learning to love new foods</li> <li>▪ Does sensory education work?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Handout: Four-Week Lunchbox Ideas (Monday-to-Friday)</li> </ul>
<p>23.2 From picky eater... to eager eater</p>	<ul style="list-style-type: none"> <li>▪ Training at home or at school</li> <li>▪ Taste experiments</li> <li>▪ Multi-sensory games</li> <li>▪ Texture training</li> </ul>	<ul style="list-style-type: none"> <li>▪ Child Lunchbox Planner™</li> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>23.3 Skills Lab™: 4-Week Children's Lunchboxes</p>	<ul style="list-style-type: none"> <li>▪ Case study: Learning to like tomatoes!</li> <li>▪ Distinguishing sensory details</li> <li>▪ Acceptance without the tears</li> <li>▪ Visual food education examples</li> <li>▪ Strategies for parents</li> <li>▪ Do children handle junk food better?</li> <li>▪ Children at higher risk...</li> <li>▪ Weaning a child from "kids' foods"</li> <li>▪ Let's list some healthier alternatives!</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Assignment</li> <li>▪ Video</li> </ul>

## 23. Taste training for children

Unit	Here's what you'll learn	Extra support material
<p>23.1 How to perform taste training</p> <p>23.2 From picky eater... to eager eater</p> <p>23.3 Skills Lab™: 4-Week Children's Lunchboxes</p>	<ul style="list-style-type: none"> <li>▪ Same food, different recipe</li> <li>▪ More strategies for parents</li> <li>▪ Establishing good “table habits”</li> <li>▪ Food education rules</li> <li>▪ The school lunch menu</li> <li>▪ Influencing a child’s decision making</li> <li>▪ Flavour and portion size matter</li> <li>▪ What to do when a child gags?</li> <li>▪ Handout: Four-Week Lunchbox Ideas (Monday-to-Friday)               <ul style="list-style-type: none"> <li>▪ Week 1 Lunchboxes: Monday to Friday</li> <li>▪ Week 2 Lunchboxes: Monday to Friday</li> <li>▪ Week 3 Lunchboxes: Monday to Friday</li> <li>▪ Week 4 Lunchboxes: Monday to Friday</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Handout: Four-Week Lunchbox Ideas (Monday-to-Friday)</li> <li>▪ Child Lunchbox Planner™</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Practical Assignment</li> <li>▪ Video</li> </ul>

# 24. Setting up your practice

Unit	Here's what you'll learn	Extra support material
<p>24.1 Dos, don'ts, and must dos</p> <p>24.2 Professional, legal, insurance, and tax considerations</p>	<ul style="list-style-type: none"><li>▪ Acting responsibly and ethically with clients</li><li>▪ What you CAN and CANNOT do</li><li>▪ What you MUST do</li><li>▪ The importance of medical advice</li><li>▪ Which products or brands?</li><li>▪ Running a successful practice</li><li>▪ Includes templates of legal documents</li><li>▪ Setting up your practice</li><li>▪ The 4 most important steps to follow</li><li>▪ Types of insurance cover you need</li><li>▪ Registering as self-employed</li><li>▪ Your initial client consultation</li><li>▪ Observing client confidentiality and data protection</li></ul>	<ul style="list-style-type: none"><li>▪ Child Health Check Questionnaire</li><li>▪ Medical Referral Form</li><li>▪ Client Informed Consent Form</li><li>▪ Test Your Knowledge Exercises</li></ul>

# 24. Setting up your practice

Unit	Here's what you'll learn	Extra support material
<p>24.1 Dos, don'ts, and must dos</p> <p>24.2 Professional, legal, insurance, and tax considerations</p>	<ul style="list-style-type: none"><li>▪ Includes the following downloadable documents for immediate use:<ul style="list-style-type: none"><li>➤ Child Health Check Questionnaire</li><li>➤ Medical Referral Form</li><li>➤ Client Informed Consent Form</li></ul></li></ul>	<ul style="list-style-type: none"><li>▪ Child Health Check Questionnaire</li><li>▪ Medical Referral Form</li><li>▪ Client Informed Consent Form</li><li>▪ Test Your Knowledge Exercises</li></ul>

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