

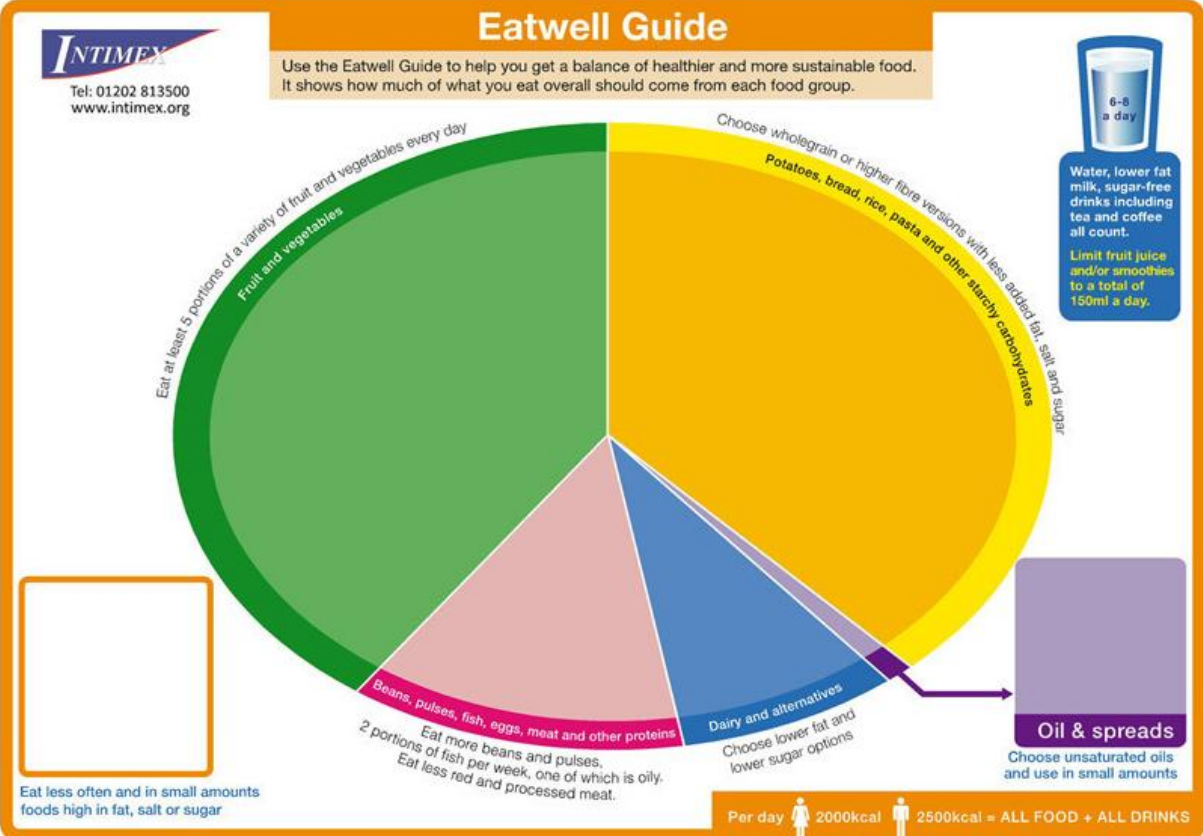
Workshop

AMY NOAKES

How much sugar?

<https://create.kahoot.it/login>

Eatwell plate



Sugar swap

<https://www.webmd.com/diabetes/features/how-sugar-affects-your-body>

What to swap

Common sweet snack	Swap

Conversations with clients regarding their nutrition intake

Sophie is a single mum to Harry. Harry is 14 month old and his weight has increased dramatically over the last two months (increased over two centiles).

How would you approach a conversation with Sophie regarding Harry's weight gain and nutritional intake?

What key information would you like to find out?