

# Nutrition Meeting

## Grade A

**14 Mar** – Grade A 2<sup>nd</sup> meeting 09:15 to 10:15

This will include product label reading, balancing your diet (This will be a written exercise) and food choices for competition day.

**4 Apr** – Grade A final meeting 09:15 to 10:15

Recall on goals set in session one

Improving performance through diet

I will also tag on short meeting for parents one of the days to go through gala day choices and what to do with individual cases when they don't like certain foods.

***Marguerite O Sullivan .Nutrition MSc***

# Nutrition meeting

## Grade B & C

**14 Mar** – Grade B & C 09:15 to 10:15

Introduction session and questionnaire

**21 Mar** – Grade B & C 2<sup>nd</sup> meeting 10:15 to 11:15

This will include product label reading, balancing your diet (This will be a written exercise) and food choices for competition day.

**11 Apr** – Grade B & C final meeting 10:15 to 11:15

Recall on goals set in session one

Improving performance through diet

I will also tag on short meeting for parents one of the days to go through gala day choices and what to do with individual cases when they don't like certain foods.

***Marguerite O Sullivan. Nutrition MSc***