



NUTRITION THROUGH THE DIFFERENT PAEDIATRIC STAGES

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| Days/Dates | March 2026: 4 th ,6 th ,12 th and 18 th |
| Time | 17:30 – 20:00 |
| Number of Hours | Total: 10 Hours |
| On-site or Online | Online via Zoom |
| Fee | € 131 |
| Deadline | 25 th February 2026 |
| Who should attend | Parents, expecting parents, grandparents, guardians, teachers, childcare carers, health care professionals, anyone interested in children’s nutrition. |
| Course content | <p>Course content:</p> <ul style="list-style-type: none"> - Nutrition in the first year of life: milk feeding, weaning: baby fed and baby led. - Feeding in the early years, Facing the feeding challenges - Nutrition in older children: Practical ways how to prepare balanced meals and snacks. - Food hypersensitivity: Allergies & Intolerances in children - Eating behaviours (including Disordered Eating and Eating Disorders) |
| Course Outcomes | <p>By the end of these sessions, participants will be able to:</p> <ul style="list-style-type: none"> • Identify the main features of a healthy balanced diet in a child • Understand the role of nutrition in the overall health and wellbeing of children • Deal with the nutritional requirements and feeding challenges at the different paediatric stages • Identify the right strategies to deal with each paediatric nutrition/feeding challenge. • Ensure that children following alternative diets do not experience deficiencies of macro- or micro-nutrients. • Apply the paediatric care required when dealing with nutrition/feeding challenges. • Recognize how nutrition education can take place within the family, schools, and other settings |
| Trainer/s Bio | Mariella Porter is a Registered Nutritionist and a warranted lecturer in Nutrition and Health Sciences. Ms Porter is trained and experienced in weight management; paediatric nutrition; diets for allergies, intolerances, and other special dietary needs; sports nutrition; eating behaviours and disordered eating. She is also a researcher in the field of paediatric nutrition. In addition, she is a mother herself, and she is passionate about sharing knowledge about Nutrition with other parents and those working with children |
| Ms Mariella Porter | |
| Certification | Upon successfully completing the course with 80% attendance, attendees will receive a Certificate of Attendance from Malta University Consulting |

For further information kindly contact Malta University Consulting, Campus Hub, Block 'O' Level 7, University of Malta, Msida.

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