

COURSE INFORMATION SHEET

DATE OF ISSUE: JANUARY 2025



MALTA UNIVERSITY CONSULTING

NUTRITION THROUGH THE DIFFERENT PAEDIATRIC STAGES

Days/Dates	February 2026: 25 th and 27 th March 2026: 4 th and 6 th
Time	17:30 – 20:00
Number of Hours	Total: 10 Hours
On-site or Online	Online via Zoom
Fee	€ 131
Deadline	18 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	Course content: <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	By the end of these sessions, participants will be able to: <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 Ms Mariella Porter	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
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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