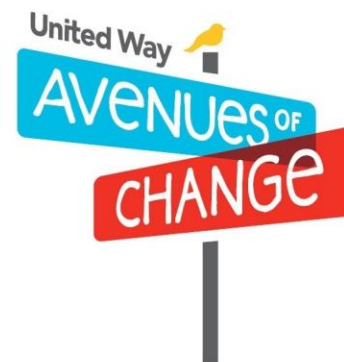


# LEARN & SHARE

## Healthy Eating for Young Children

## 儿童健康饮食



United Way Avenues of Change presents a Learn & Share event on “Healthy Eating for Young Children” in English / Mandarin. Speaker from Shapedown BC Program will give a quick introduction of what foods and textures parents and caregivers can provide babies, toddlers and preschoolers, division of responsibility during meal times, as well as information on supporting a healthy eating environment for healthy child growth and development.

**Wednesday, November 4, 2020, 10:00 am to 11:30 am**

### Online via Zoom Meeting

“儿童健康饮食” 英语/普通话讲座，Shapedown BC Program的主讲嘉宾将为我们简要介绍如何为婴幼儿提供不同类型和口感的食物、进餐时间的家庭成员分工，以及如何营造一个健康的进食环境，从而帮助孩子更好的生长和发育。欢迎住在列治文市有幼儿的家长参加。

**2020年11月4日，星期三，上午10时至上午11时30分**

**在线讲座: Zoom Meeting**

**Speaker 主讲嘉宾: Dietitian, Shapedown BC Program**

**卑诗省塑身健体华语计划营养师**



**Registration 报名: [Eventbrite.ca](https://www.eventbrite.ca)**

**( 通过 Eventbrite 登记获取 Zoom Meeting 链接 )**

**Inquiry 查詢: Annie Leung 梁小姐**

**☎: 604-207-5027    ✉: [aleung@touchfam.ca](mailto:aleung@touchfam.ca)**

扫描二维码在线登记

Info & Registration



**United Way**  
Lower Mainland

