



Vital
Nutrition

Super Healthy Kids

Here at Vital Nutrition HQ, we believe the best way to teach kids about healthy eating is to make it fun.

Our lighthearted, interactive workshop is packed with activities and games to get your children thinking about good nutrition and will appeal to kids of all ages.

The workshop includes:

- Sensory games using smell, taste, touch and smell.
- Practical ideas to help encourage even the fussiest eater to eat better.
- Creative games and ideas to help children understand more about healthy eating.

Get in touch

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