

# Free Parent Nutrition Education Workshops

Join CSUN Marilyn Magaram Center in partnership with  
Child Development Institute  
for "A Taste of Good Health"  
Virtual 4-week Workshop Series.

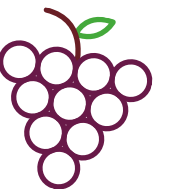
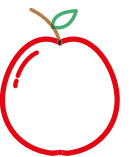
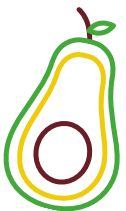
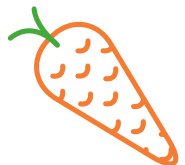
Learn the basics of nutrition & physical activity  
PLUS LIVE FOOD DEMONSTRATIONS

Tuesday, 1:00pm-2:00pm via Zoom  
Dates: 11/23, 11/30, 12/7, 12/14  
**Zoom link: <https://bit.ly/3kq6Kav>**  
**Meeting ID: 869 6372 3126**  
**Password: 429861**

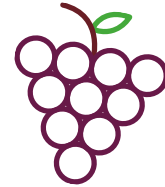
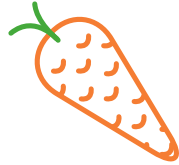
For more information, email [magaram.center@csun.edu](mailto:magaram.center@csun.edu)

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FOR FOOD SCIENCE,  
NUTRITION AND DIETETICS



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**11/23/21:** MyPlate, Water Consumption, and Exercise

**11/30/21:** Portion Control, Reading Labels, Dairy, and Fiber

**12/7/21:** Carbohydrates, Protein, and Fats

**12/14/21:** Diabetes, Heart Disease, and High Blood Pressure

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