

# Free e-learning's

FrieslandCampina Institute offers a number of e-learning modules that are developed by professionals, for professionals. They are free of charge and certificates are available upon completion.

## Available e-learning's



### Sustainable diets

Learn about the environmental impact of food, the composition of a more sustainable and healthy diet, diet modelling approaches and more!



### Child development in the first 5 years

Explore how children develop in the first 5 years, the role of nutrition during this critical period and the development of good eating habits.



### Gestational weight gain

Better understand the various aspects of gestational weight gain and how it impacts maternal and child health.



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