



KIDS HOLIDAY COOKING CLASSES

**Building a healthy relationship between your children
and food is important and we are here to help!**

In this 3-hour, fun filled kids cooking class, not only do we teach your kids how to cook up delicious and nutritious food for the whole family but we get them doing some amazing food science experiments to show them what food that is high in sugar, salt and fat does to our cells.

We will have them gasping in horror at what goes in to processed meat and teach them how to make up nutritious smoothies, cookies and sausage rolls they will gobble up with *ooh's* and *aah's* and *mmm's*.

Call us today to secure your place (08) 9385 7755



LEADING
NUTRITION
EDUCATORS

**3 Hours of fun
every Friday in the
Holidays
9.30 - 12.30**

Hands on Cooking

**Food Science
Experiments**

For kids aged 8-16

\$75.00

**NUTRITION
FORCE**

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