



# 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 get your kids cooking up delicious and nutritious food 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, high fibre 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 food  
fun in the Holidays**

**Hands on Cooking**

**Food Science  
Experiments**

**For kids aged 6-16**

**\$75.00**

**Thursday 28<sup>th</sup> Sept  
9.30am - 12.30pm**

**NUTRITION  
FORCE**

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