



**3 Hours of
Fun Every
Friday in the
Holidays**

Ages 8-16

**Hands on
Cooking**

\$75.00

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, 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

Nutrition Force

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www.nutritionforce.com.au

**NUTRITION
FORCE**

LEADING
NUTRITION
EDUCATORS

