



**2 Hours of
Cooking Fun
In the
Holidays
Ages 6-16
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 2-hour, fun filled kids cooking class, we get your kids cooking up delicious and nutritious food that is low in sugar, salt and fat and packed with goodness and fibre.

We will teach them how to make up nutritious smoothies, cookies and sausage rolls that they will gobble up with *ooh's* and *aah's* and *mmm's*.

Book online or call today to secure your place

<http://nutritionforce.com.au/cooking-classes/>

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