



St Kevin's College.

Nutrition and Cooking Programme. (Free)

10 spaces only!

We are delighted to offer an opportunity for you and your son to develop your cooking skills.

Each Wednesday from 11 am till 1.30

Healthy Food Made Easy is a 6 week course; 2- 2 ½ hour sessions per week. It aims to

- Encourage healthy eating,
- Improve our knowledge of nutrition when preparing our meals at home,
- Learn healthy meals on a budget

The course outline is as follows:

1. Building a food pyramid
2. The fibre providers
3. Focus on fats
4. Food for life
5. Shop smart!

Where? St Kevin's College.

When? Wednesday 11 am

The course is being held in St Kevin's College on the following dates.

October 3, 10th 17th 24th and Nov 7th 14th.

Please fill out and return to school if interested in attending.

Parents Name _____

Students Name _____ Class _____

