



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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**Nutrition Force**

401 Scarborough Beach Rd, Osborne Park

[www.nutritionforce.com.au](http://www.nutritionforce.com.au)

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