

# NUTRITION<sup>h</sup> ME!

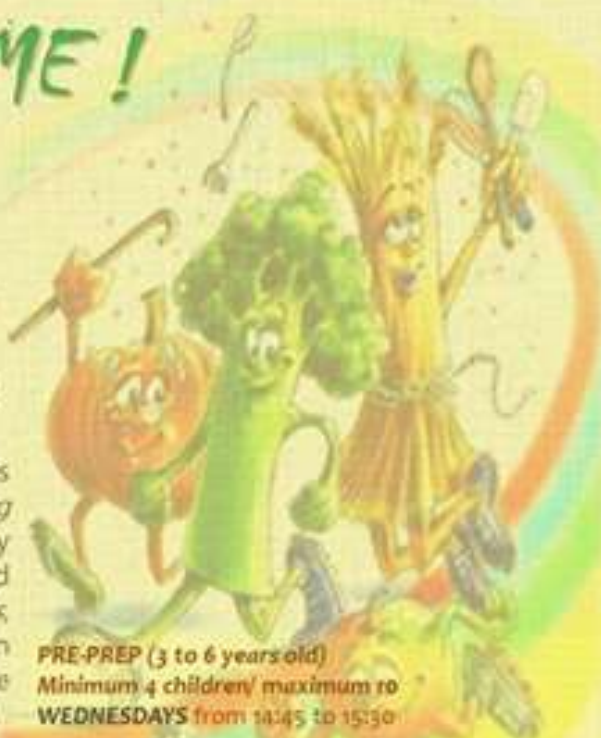
## Cooking

+  
Experiencing that foods play  
different roles in our bodies

=  
tons of fun!

Through playing with the colors, odors and textures of foods, and through *cooking* classes, games, planting, biology and anatomy live experiences, as well as drawings and stories on the relationship between *foods*, *nutrients* and *organic functions*, children quickly assimilate and incorporate the importance of *eating properly* to stay healthy.

**The result?** A positive relationship to eating, greater satisfaction and more autonomy and consciousness when making food choices!



PRE-PREP (3 to 6 years old)

Minimum 4 children/ maximum 10

WEDNESDAYS from 14:45 to 15:30

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(contact me only through e-mail during the holidays. I'll be available on the phone by aug 14<sup>th</sup>)

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