



COCINA&NUTRICIÓN



COOKING AND NUTRITION EDUCATION LESSONS

An extracurricular activity in which children learn about nutrition and healthy eating while cooking. In our classes, we cover:



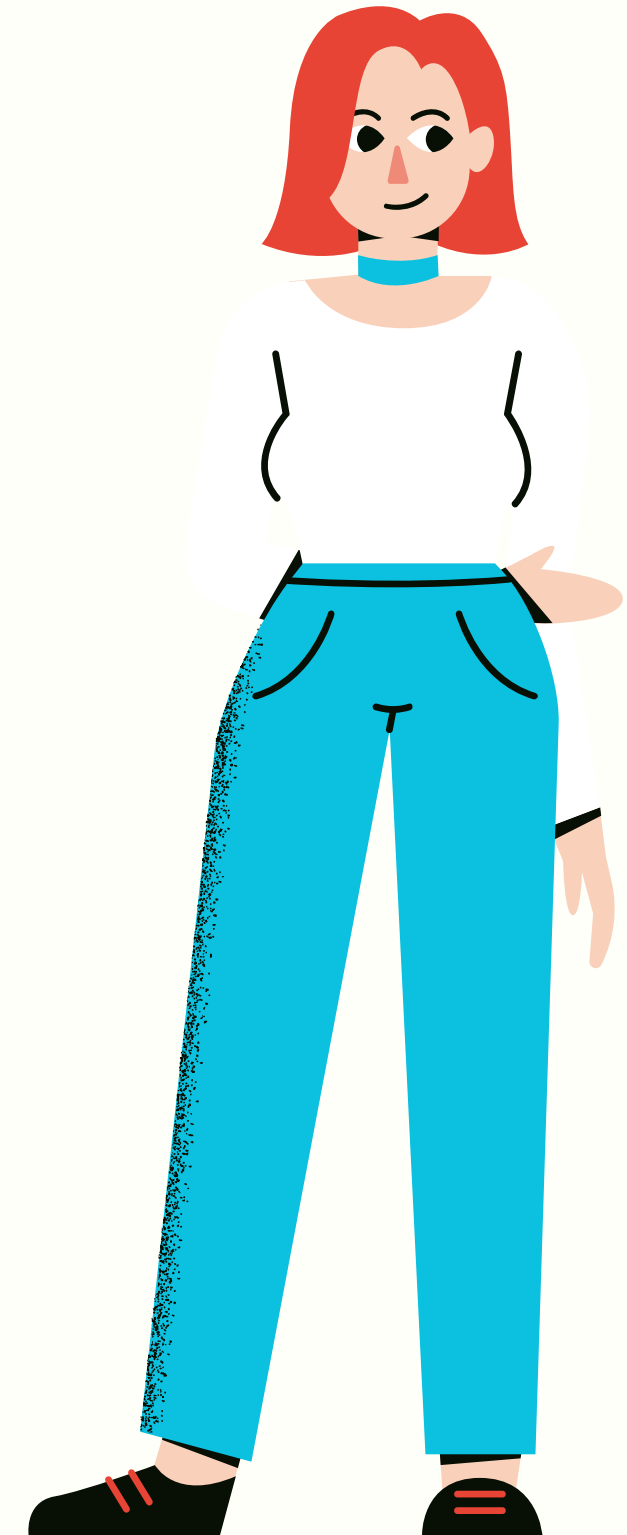
- 1** NUTRITION EDUCATION: HOW TO EAT HEALTHY
- 2** COOKING TECHNIQUES
- 3** CORRECT FOOD HANDLING
- 4** QUANTITIES AND MEASUREMENTS
- 5** CLEANING AFTER COOKING
- 6** TEAMWORK



WHO TEACHES THEM?



The lessons are
given by
Dietitians or
Nutritionists





WHAT'S INCLUDED IN THE ACTIVITY?

**PREPARATION OF
RECIPES**

**FOOD FOR
RECIPES**

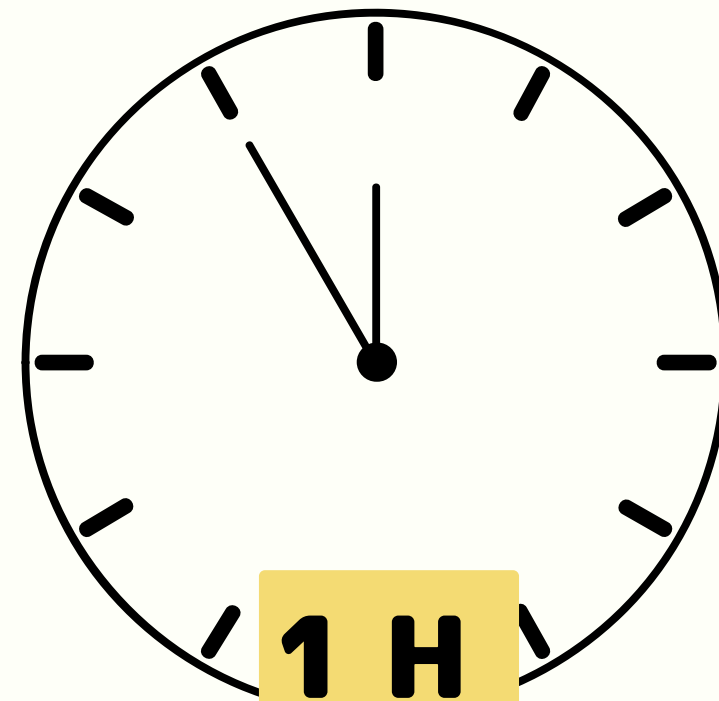
**NUTRITIONAL
EDUCATION
GAMES**

**SPECIAL
KITCHEN
EQUIPMENT FOR
CHILDREN**

**MONTHLY
RECIPES AND
TIPS DELIVERY**

FAMILY PARTY

ACTIVITY SCHEDULE



1 H

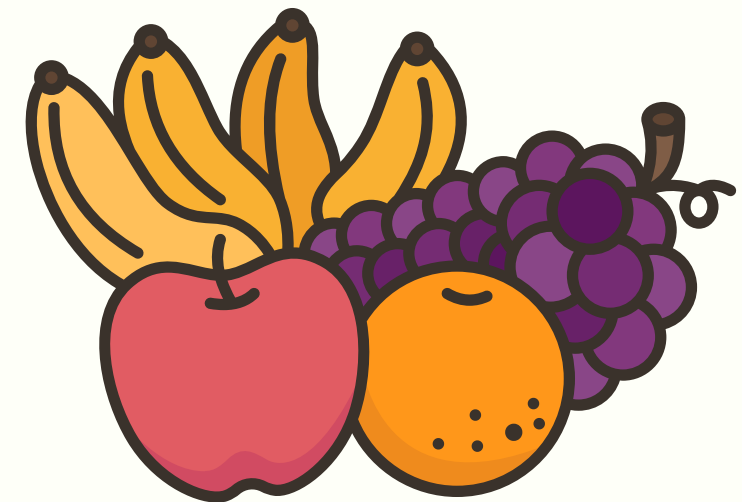
ONCE A WEEK

WHAT DO WE NEED FROM THE STUDENTS?



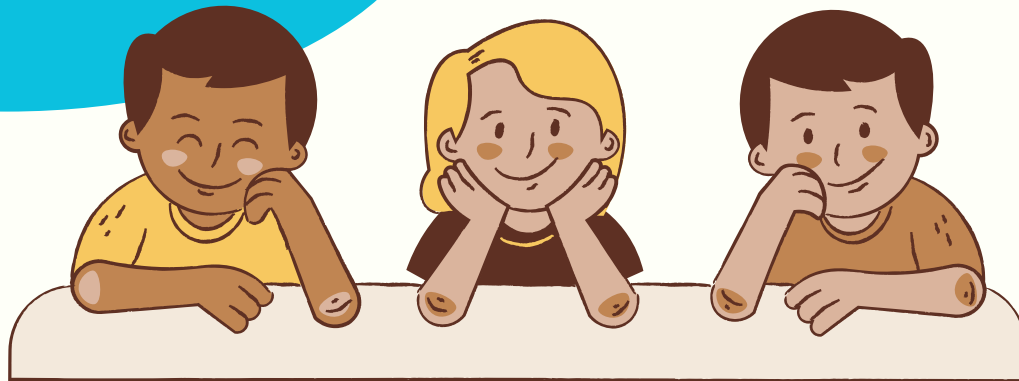
5- 12 YEARS

They should be enthusiastic, motivated, eager to learn, follow the rules, and bring a lunchbox to take home the food they make.



WHAT ARE THE PRICES AND RATIOS PER CLASS?

MINIMUM GROUP 10



**MAXIMUM GROUP:
16**



LESSONS OF 1 H
ONCE A WEEK

35 €/MONTH

(SAME PRICE EVERY MONTH)

