



Come along to Food Sensations for a **FREE** hands-on nutrition and cooking experience.

Over 4 sessions, you will learn a variety of nutrition topics and learn to cook some tasty, easy recipes.

HEALTHY EATING

MEAL PLANNING AND BUDGETING

**4
CORE
TOPICS**

LABEL READING AND FOOD SELECTION

FOOD SAFETY, PREPARATION & COOKING

SESSIONS:

All sessions held at:

Balcatta Senior High School

31 Poincaré Street
Balcatta

1pm-3pm

Session 1: Monday Aug 8

Session 2: Monday Aug 15

Session 3: Monday Aug 22

Session 4: Monday Aug 29

Participants must be able to attend all 4 sessions



Government of Western Australia
Department of Health

If you would like to make a booking please contact Lisa Nottage, Community Health Nurse, please register

<https://www.eventbrite.com.au/e/food-sensations-tickets-25922221061>

alternatively send an email to lisa.nottage@education.wa.edu.au, or leave a message on 0406537954