

Presents: **Eat It Up™ 6-week Comprehensive Nutrition & Cooking Workshop**

This 6 week, 12-hour fun filled workshop is unique, and some feel the first of its kind anywhere.

It is economical yet, an educational way of inducing good eating habits into parents and students. We feel that the only way a child of any age is going to buy into good eating habits is to educate them first, then let them make the best choices for themselves. We need to arm the parents with good knowledge and confidence on what to buy and feed their families. This course does just that. This workshop will also give you both great ideas of what to put in those lunch bags, on a snack plate, and on the dinner table, every day of the week!

Here are some features included in this adventure into food.

- Reflect back on Nutrition over the last 60 years
- Learn about the Mighty Macros
- Counting food in grams instead of calories
- Glycemic Index & Glycemic Load Elevator
- Fiber-what it is and where do you find it
- Food Labeling from the inside out
- Blindfold taste testing
- 4 hours of hands on cooking
- Create a recipe to be included in the 1st edition of Eat It Up's **Annual Cookbook**

There will be food samples, interaction for all participants, treats and surprises included in every class. You will discover many new things about the food that has been at our fingertips all this time.

Some Snacks will include

1. **CD's** or what we call 'cucumber delights'. - This is a way of getting all your macronutrients in one snack without using crackers as the filler.
2. **Cheddar on Granny-** This **has been the most popular snack** of any demo or class we have had to now. It is light cheddar on a slice of granny smith apple, on a light graham wafer.
3. **Strawberry Scoops-** With Strawberries nearly in season, this is the guaranteed to be one of the favorites of the group. It is fresh strawberries, cut in half, spread out on a tray, sprinkled with vanilla yogurt and topped with Karen's Homemade Famous Granola.

Some Dishes you will learn to cook up:

1. Oatmeal pancakes (no flours are used)
2. Dirty Monkeys- a yummy dessert that includes bananas rolled in good nuts
3. Ba-ta-ta Fries (not deep fried and not white potatoes)
4. Fettuccini Alfredo Done Differently- made without flour and bad fats

You will receive a 75 page manual and all the education you can take in. There will be ongoing support for all participants even after the course is complete. The website will accommodate many who are looking for information on nutrition and events coming up.

DATE AND TIME- The date is to be chosen and agreed upon by the participating schools, centers, facilities and Karen Nelson. The time frame would include a total of 6 weeks, at 2 hours a week for a total of 12 hours. We will book courses based on availability by the school's home economics room or the private group's facilities availability and we can choose the agreed day of the week as they come available. **(Please note that the courses take place between Mondays and Thursdays)**

Registration- \$175.00 per parent and child (criteria implies that both student and parent attend together)

Optional for single adults-\$100.00 for one adult (age 16 years and older)

Additional family members.-If a family chooses to have an additional child or parent attending the course, then the price for each additional member will be \$75.00.

Pre-registration and payment is required.

**Payment can be made by cheque, cash or money order to
"IT UP EDUCATIONAL PROGRAMS LTD™"**

Karen E. Nelson, Founder and President of
IT UP Educational Programs Ltd™

Call 604-538-1685 or Fax 604-542-5752

Email Karen at karen_eatitup@shaw.ca for further information.