



## *NUTRITIONAL EDUCATION AND COOKING WORKSHOP*

This fun filled educational ADVENTURE INTO FOOD is an economical way of introducing good eating habits into people of all ages.

We feel that the only way a person of any age will buy into good eating habits is to educate them first, then let them make the best choices for themselves. This workshop does that and a whole lot more! Learn how to make a proper protein shake and popcorn covered in good oils! We give you great ideas of what to put in those lunch bags, on a snack plate, and on the dinner table, every day of the week!

This workshop includes a 130+ page manual per family; all the food and samples, interaction for all participants, treats and surprises are included in every class. You will discover many new things about the food that has been at your fingertips all this time. You will learn how to make your food dollar go further and still keep it healthy, how to substitute one food item for another that will improve your daily macro intake, what Fiber is and how to get it into you and your kids and so much more~! Karen and her team of Certified Sports Nutritionists and Fitness Leaders will cut through the muck of the food and diet industry that has messed with our bodies and our own minds over the years.

Your final exam in the workshop is to create a recipe that you have made your own and bring the dish for everyone to sample on the final evening. Your recipe will be profiled in the Eat It Up Cookbook that comes out once a year! The cookbook for 2004 is currently available to purchase. When you purchase the cookbook, you will receive a rebate coupon for \$10.00 off an Eat It Up Workshop taking place in your community or at your child's school.

### **Learn to Cook Dishes Like**

**Cheddar on Granny** – The most popular snack of any demo or workshop

**Turkey Cupcakes** –Have dessert first and then dinner last with this creative dish. The icing is not made of white potatoes!

**Banana Pizza**-You will never taste a healthier pizza ever!

**Ba-ta-ta Fries** –Not deep fried, not white potatoes

**Fettuccini Alfredo** 'Done Differently' no butter and no wheat, but lots of flavour and Fiber

### **Testimonials from parents who have taken the workshop**

Useful information on how to battle carbs besides Atkins! How to make protein shake options. To replace 'white' foods (i.e. bean Alfredo sauce; different sugars; different flours; How to read a label and the binder of info to keep is great for reference. – **L. Ryan**  
One of the best things I learned in the course was how to substitute items in recipes. - **K. Jones**

Really enjoyed cooking the different foods and learning new recipes.

-**L. Carlyle**

## **TO REGISTER**

Please see [www.eat-itup.com](http://www.eat-itup.com) or call Karen Nelson for complete information on where to register and other details.

**PLEASE CONTACT FOR FURTHER INFORMATION OR QUESTIONS YOU HAVE:**

Karen E. Nelson, Founder & President of IT UP Educational Programs Ltd©

**Phone:** 604-538-1685

**Cell:** 604-562-2168

**Fax:** 604-542-5752

**E-mail:** [Karen\\_eatitup@shaw.ca](mailto:Karen_eatitup@shaw.ca)

**Web:** [www.eat-itup.com](http://www.eat-itup.com)

Suite #112-2855 152nd Street, Surrey BC