

Culinary Lessons



LESSON 1: EAT REAL

Eating whole foods that come straight from plants or animals

HANDS ON: INTRO TO FOOD + KNIFE SKILLS + KITCHEN SAFETY



LESSON 2: MOSTLY PLANTS

Learning what it means to eat nutrient dense foods!

HANDS ON: BREAKFAST OPTIONS



LESSON 3: NOT TOO MUCH

Learning Ramban's teachings about eating in moderation

HANDS ON: EASY TO MAKE DINNERS



LESSON 4: BUILDING BLOCKS OF FOOD: CARBOHYDRATES, PROTEINS, VEGETABLES AND FATS

Looking at the different food pyramids available

HANDS ON: SALADS



LESSON 5: VITAMINS, MINERALS, FIBER

Learning which foods nourish our digestive system

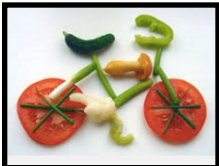
HANDS ON: FERMENTED FOODS + PROTEIN ALTERNATIVES TO MEAT



LESSON 6: PROCESSED VS. NON-PROCESSED

Meditating on food: how many hands does it touch before i eat it?

HANDS ON: SNACKS/ SPROUTING



LESSON 7: SPORTS NUTRITION

Discussing the importance of diet and proper exercise habits.

HANDS ON: HEALTHY DESSERTS



LESSON 8: WRAP UP

Time to make a delicious meal for your friends and family!!

HANDS ON: CLOSING DINNER