



Little Medical School is now offering Little Nutrition School at Holy Spirit School!



These future dieticians will learn about healthy eating habits, the food pyramid, and global foods through our nutrition workbook *Asha's Magical Ride*. They'll learn how to identify "red light" foods (added sugars, solid fat, etc) and learn how to do "switcheroos" and how to create healthier alternatives for snack and meal recipes! Finally, they'll explore careers in the nutrition field and design their dream nutrition job with a graduation ceremony on the last class!

THURSDAYS STARTING JANUARY 18TH THRU FEBRUARY 22ND

3:30PM - 4:30PM

GRADES K-2 WELCOME

6-WEEK CLASS

**Questions?
Contact Colleen Esposito
at
CESPOSITO@LITTLEMEDICALSCHOOL.COM**

INTERESTED?

**SCAN
HERE
TO
REGISTER**

