

Healthy Kids Club

After-School Enrichment Program

BEGINNERS

Research proves that eating right helps children concentrate better, grow bigger and strengthen their immune system!

Bring your kids back to the kitchen in a fun and nutritious way! Your children will learn at healthy kids club to prepare healthy and easy meals and snacks and how to grow their own foods, They will also learn to feed their souls by doing laughter therapy, breathing exercises that will give your children a sense of peace, happiness and self confidence.

Program Details (WE START JANUARY 23RD)

Monday 3:15pm - 4:15 pm

Age group 6 -12 years

12 sessions Tuition \$260 (Includes tools & food)

Personalized Apron \$25 (Add to tuition)

Session 1 Grow Your Own Food

Session 2 Supermarket Scavenger Hunt

Session 3 My Lunch Box

Session 4 I Can Cook It Myself

Session 5 Nutrition Adventure

Session 6 Smoothie Time!

Session 7 The Colors Of Your Food

Session 8 Foods Body's Helper

Session 9 Breakfast Is Ready!

Session 10 Sandwich Making Adventure

Session 11 Delicious Snacks

Session 12 Nutritious Baking

After-School Enrichment Program
Montessori World School 2016-2017

Child's Name: _____

Primary or Elementary: _____ Classroom _____

Parent/Guardian Name: _____

Contact Phone Number: _____

Email: _____

Contact Information:

Annel Ortega

IIN Health Coach

407-399-8008 (email: annelortega@hotmail.com)

Please submit Registration form and Tuition payment in the form of cash, check to the Montessori World Front Office. Make check payable to Annel Ortega. E-mail me or call for any questions.