

NUTRITION WORKSHOP



OBJECTIVE:

Participants know the importance of a good diet and practice healthy recipes, economic and attractive, to promote a culture of eating well.

MODULES:

- Getting to know family and cultural diet habits
- What a person aged 0-60 years or more needs to be well-fed
- What foods provide
- Promoting a culture of good eating in the family
- Practicing healthy, economic and attractive menus

MODALITY:

Face-to-face. Duration of 15 hours, consists of a practical module.

NUMBER OF PARTICIPANTS:

Minimum 15 / maximum 25 people.

COSTS:

Workshop \$ 2,000.00 without IVA, per participant. Includes a manual and material for practice

CONTACT:

Ana Margarita Ruiz García | *Manager of Amextra Consultants*

La Otra banda No. 54 Casa C San Ángel Del. Álvaro Obregón México, D.F.

Tel. 01 (55) 55504044, cell. 5563183278.

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