

# Food Explorations

## Spring After School Session

**Cost: \$125**

**3 - 3 : 4 5 P M**

**A P R I L 4 , 1 1 , 1 8 , 2 5**

**M A Y 2 , 9**

**Instructor: Gina (Casagrande) Forster, MS, RD, LD**

**This is for students in all grades!**

**Register by paying via Venmo (Gina-Forster-4)**

**or email [TrustYourBodyRD@gmail.com](mailto:TrustYourBodyRD@gmail.com)**

Students will try samples of a variety of fruits, vegetables, grains, cheeses, fats, and proteins, and rate them on taste and flavor, while also learning how to incorporate them into their diets. Students will also gain a better understanding of why different foods are important to their growing bodies.

