

Feel Good Food

A combination of Tracey or Carrie cooking and guest presenter naturopathic nutrition consultant Jan Purser for those of you who want to feel and look great!



...smart cooking
made simple...

Looking Great!

Eating to maintain a healthy weight is a good idea, let's face it we all feel happy when we're looking good. With a little bit of forethought there are easy ways to get trim and stay slim. This doesn't mean eating tasteless food; these recipes are bursting with flavour.

Affairs of the Heart

The most important organ in our body needs a bit of TLC. Let's do the most to eliminate heart disease and diabetes as well as high cholesterol, high blood pressure, raised blood glucose and middle-body fat. Wow, that seems like a big job but it can be done! We will show you a selection of beautiful recipes...just for starters. Eat well and keep healthy - good job!

Get Up and Go!

You don't have to be a top athlete to need high energy levels! Today's world is frenetic and we all need to eat to maintain physical and mental fitness. Jan will give you all the know how and fabulous recipes you'll need to sustain yourself. Clever ideas and Jan's knowledge will have you eating food that suits your lifestyle. Easy once you know how!

Girl Power!

Women are special people (let's face it!); juggling busy lives including family, home, friends, work and finding space for a bit of 'quiet me time', the last thing women need are hormones going skewiff without a moments notice! This class will assist with practical ideas on keeping balanced using diet with, if needed, natural supplements. I can guarantee we'll have fun during this class as we discuss subjects including PMS to menopause and beyond (us girls will all be in the same boat at one time or another!)

Vital Vegetables

Whether you are a full time vegetarian or like to have a couple of meals a week without meat, this class has all the essential nutrients covered. We all know vegetables are good for us and are delicious to eat (I often order a meat free dish when out for dinner as these choices are, in the majority, so interesting). Flavour abounds and you'll learn so much about the huge variety of vegetables that are growing in paddocks today for you to consume tomorrow!

Super Foods for a Super You

There are a group of foods that contain a mega amount of goodness and we can all easily include them in our daily diet. You are what you eat! We'll report the latest research on these fresh ingredients so you can stay fit and healthy and help keep you free of major diseases such as cancer.

Please contact us via email or phone to go on waiting list for any of these classes and we'll schedule them once numbers reach requirements. Do it for yourself because you're important!

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