



HEALTH, NUTRITION & COOKING HOMESCHOOL CLASS, FALL 2021,

INSTRUCTOR: COPE-CERTIFIED HEALTH COACH,
MRS. ALICIA JONES

Who: 7th-12th graders

What: 1 semester/ 5 units

Where: Mrs. Jones' home in Saugus

When: Weekly on Tuesdays @ 9:30-11am

16 weeks = 8/24 - 12/14 *11/23 off for Thanksgiving

Want your teen to eat healthy & have practical cooking skills, but too busy running around to spend hours teaching him/her in the kitchen?

And if you've ever hesitated teaching your teen about nutrition because there's so much conflicting information out there & you're not quite sure what to teach... you're not alone.

I got you covered!

In this class, your teen will get relevant information, hands-on experience, practical kitchen skills & science-based nutrition education, taught from a certified health coach, through a Biblical perspective, so that he/she will be equipped to live a long-term healthy lifestyle, without deprivation, while preventing disease.

And you get the peace of mind knowing your precious teen will be mentored by a Believer with 20 years of Brain-Based, Classical Teaching experience, who has a passion for Developing Ownership in kids, while having fun!

Sprinkle in a few fun field trips, all cooking ingredients provided, & connection time with friends... & Poof! Just drop your teen off for class & get ready for a semester that could change the course of your teens' health for life!



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Your Teen Will Learn:

ABC's: 6 Foundational Habits of Health

Macro-what?: The What & How of MacroNutrients

Your Kitchen: Get to Know It!

Let's Get Cookin': MacroNutrient-Balanced Meals & Snacks

Healthy Holidays: The "Swapping" Trick

Brain-Gym: Health Beyond the Kitchen (brain-based stress relief)

BONUS: Twice during the semester, YOU & your teen get to enjoy a "Family Virtual Cooking Class" - where I lead the regular Tuesday class on Zoom, facilitating you and your teen making a memory that will last a lifetime: a simple, healthy meal that you made with your own hands.

Curriculum: "Dr. A's Habits of Health" by Dr. Wayne Scott Andersen + a spiral notebook for written assignments

Supplies: Curriculum book & all ingredients are provided for classes at Mrs. Jones' home - you're only responsible for the "Family Virtual Cooking Day" ingredients. (info for virtual cooking classes & field trips will be communicated at least 2-3 weeks ahead of time, so you'll have plenty of time to prepare).

Tuition: \$400 total for semester = \$275 course, \$25 curriculum book, \$100 ingredients
**Libertas families have priority registration, then class will open to the general homeschool community*

Registration & Questions: Email Alicia Jones @ jonesfamilycommon@gmail.com

Class size: 8 students only