



Cooking with a nutritionist

Discover the benefits of healthy cooking in this delicious journey into the balance of a healthy diet. Learn about the nutrients in food, how to gain the most benefit and how to enjoy the freshest of ingredients. This course will provide tasting, food sampling and an information pack.

Course Objectives

- Healthy cooking
- Learn about special nutrition
- Learn the balance of a diet and appropriate nutrients

Student Requirements

Pen and note book

Target Audience

Ideal for food lovers and professional who are interested in healthy cooking.

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Where we are

Croydon campus

12-15 Norton Rd, Croydon Vic 3136

Hawthorn campus

John Street, Hawthorn Vic 3122

Lilydale campus

Melba Avenue, Lilydale Vic 3140

Prahran campus

144 High Street, Prahran Vic 3181

Wantirna campus

369 Stud Road, Wantirna Vic 3152

Sarawak campus

Kuching, Sarawak, Malaysia

Questions?

[\(03\)9214 4440](tel:(03)9214 4440) (Press Option 2)