

# nutritional NINJAS

www.nutritionalninjas.co.uk

WE PROVIDE INGREDIENTS  
& EQUIPMENT !

Our classes allow children to learn a variety of cooking skills that will carry them through into later life.

Food hygiene, preparation, knife techniques, measuring ingredients as well as to value what is good for them nutritionally.

Learn to make: Garlic Bread, Tomato & Basil Spaghetti, Vanilla Pound Cake and many more.

Simply pop them in the oven at home to enjoy fresh with the family.

Spaces are limited  
& are allocated on  
a first come, first  
served basis

## All about NINJA CLASSES

LOCATION: St Lawrence

DAY: Monday

TIME: 3:15 - 4:15 PM

PRICE: £126

DURATION: 14 weeks

CLUB DATES:

Sept 6th, 20th, 27th Oct 4th,  
11th, 18th Nov 1st, 8th,  
15th, 22nd, 29th  
Dec 6th and 13th

**BUILD YOUR OWN RECIPE COLLECTION !**

Collect your new recipe card every week so you can cook recipes you've learnt again and again



Visit our website

www.nutritionalninjas.co.uk to book your child's space

Tel: 01276 428148