



Center for Professional Development Edison State College

Healthy Diet and Cooking for Seniors Demonstration

Class objectives:

- How to prepare several good tasting and “good for you” recipes
- How to practice food safety in your kitchen
- Discussion of healthy eating tips
- Discussion of the Dietary Guidelines
- Gain a basic knowledge of the Food Pyramid
- Shopping tips for healthful eating

Two healthy and flavorful dishes will be available to try along with their specific recipes.

Date: Monday, September 21st, 2009

Time: 2:00pm to 4:00pm

Location: Edison State College

Instructor: Linda Rakos, RD/LD

Seats are limited, so register today!
Advance registration and payment is required
For registration form and information, call 239-489-9235
email celee@edison.edu
OR download from www.edison.edu/lee/ce