

## Tasting Grace Class

### Full Description – 10 week class

Enrich your mind, body, & spirit to the glory of God, by joining us for an exploration on fundamentals of good nutrition and home cooking on a budget. The first segment is an informative, multi-dimensional study of nutrition, followed by a hands on, enlightening cooking focus. Each week biblical principles are beautifully woven into lesson plans to lift the importance of health and wellness in God's call for us to live full lives, In His Name!

In this hands-on class of discovery and exciting, exploratory assignments, some of the things participants will learn are:

- A. How to understand and utilize the “Choose My Plate” nutritional initiative
- B. How to create a food journal
- C. How to create a 4-week meal plan
- D. Effective grocery shopping for different kinds of foods
- E. Tips and tricks for cooking and food storage