

COOKING CLASS FAQ



Who runs the classes?

All our facilitators are fully qualified Nutritionists and /or Dietitians. Everyone holds bachelor's degrees and/or master's degrees in science or health science, majoring in Nutrition and/or Dietetics so our team is fully qualified to answer questions about food and nutrition. This way you are guaranteed of receiving the very latest, evidence based scientific information. As for the cooking, we are all passionate foodies and have years of cooking up healthy and delicious meals and presenting them to a wide variety of audiences.

How are they different to other cooking classes?

We want you to learn not just new recipes but how your food can help to improve your health, how to plan for your weekly meals, how to cook when you are time poor and the health benefits of the ingredients in our recipes. You will leave our classes with some newfound knowledge and confidence to shop, cook and eat your way to better health. Our recipes are priced to show you that eating well is very affordable. Oh, did we mention the recipes are family friendly too?

Do health rebates apply?

Some health funds may offer rebates on some of our classes run by our Dietitians. Private consultations should be eligible for health rebates, but we recommend to double check with your health insurer.

What if I have a food allergy?

Some of our recipes may contain food allergens and as a nutrition company, we fully understand the health risk. If you have any food allergies or intolerances, please let us know at the time of booking and we will do our best to ensure your safety.

Do I need to have any cooking skills?

You don't need to be a master chef to attend our classes. They are suitable for everyone with all levels of skill in the kitchen. Come along and learn something new as good health and nutrition is really very simple.

Do we get to cook?

Yes! All our classes are interactive so there will be plenty of activities to keep things interesting and fun. Our classes are designed to educate you about the nutrition in what you eat and demonstrate the best recipes and methods of cooking to improve your dietary and nutritional health. *Give a man a fish and he eats for a day. Teach a man how to fish and he eats for life!*

Do we get to taste the food?

Absolutely! You get to eat everything you cook!

What do I bring?

Just bring your happy self.

What do I wear?

Our classes are fun and interactive, so we recommend you wear something that you find easy to move around in. We don't provide aprons but please feel free to bring one from home. Closed in shoes are required so you leave with all toes intact.

I'd like to bring my child or friend?

Everyone over 12 YO is welcome to our adult cooking classes as a paying participant. No spectators are allowed.

How long are the classes?

All our cooking classes are two hours long, however they may run overtime, depending on how much fun we are having!

How many people are in each class?

We have a minimum of 5 people per class and a maximum of 12. Confirmation will be emailed to you a couple of days before the class. If we don't fill minimum numbers in a class, then we may need to re-schedule.

What if I need to re-schedule?

If you are not able to attend the class you are booked in for, we are happy to offer another class in credit with 48 hours' cancellation notice. No refund or credit is possible with less than 48 hours' cancellation notice.

How do I book?

You can book a class directly from our web page or you can call us and we will be happy to book you in over the phone (08) 9385 7755. <http://nutritionforce.com.au/cooking-classes/>

Can I buy gift vouchers?

Absolutely! Buying a gift voucher is the same process as booking yourself in for a class. You can do it either on line or over the phone and we will email you a printable gift voucher. The gift vouchers are valid for any one of our cooking classes and valid for six months. <http://nutritionforce.com.au/gift-vouchers/>

Can you come to my work?

Most definitely – we have a mobile kitchen so can travel anywhere. We also hold regular corporate classes in our offices so will work in with your needs. We can custom make programs suitable to fit in with your wellness strategy. Check out our Corporate programs here <http://nutritionforce.com.au/workplace-wellness/>

How do I subscribe to your newsletter? You simply need to add your name and email address in to our Subscribe button. <http://nutritionforce.com.au/healthy-recipes/>

