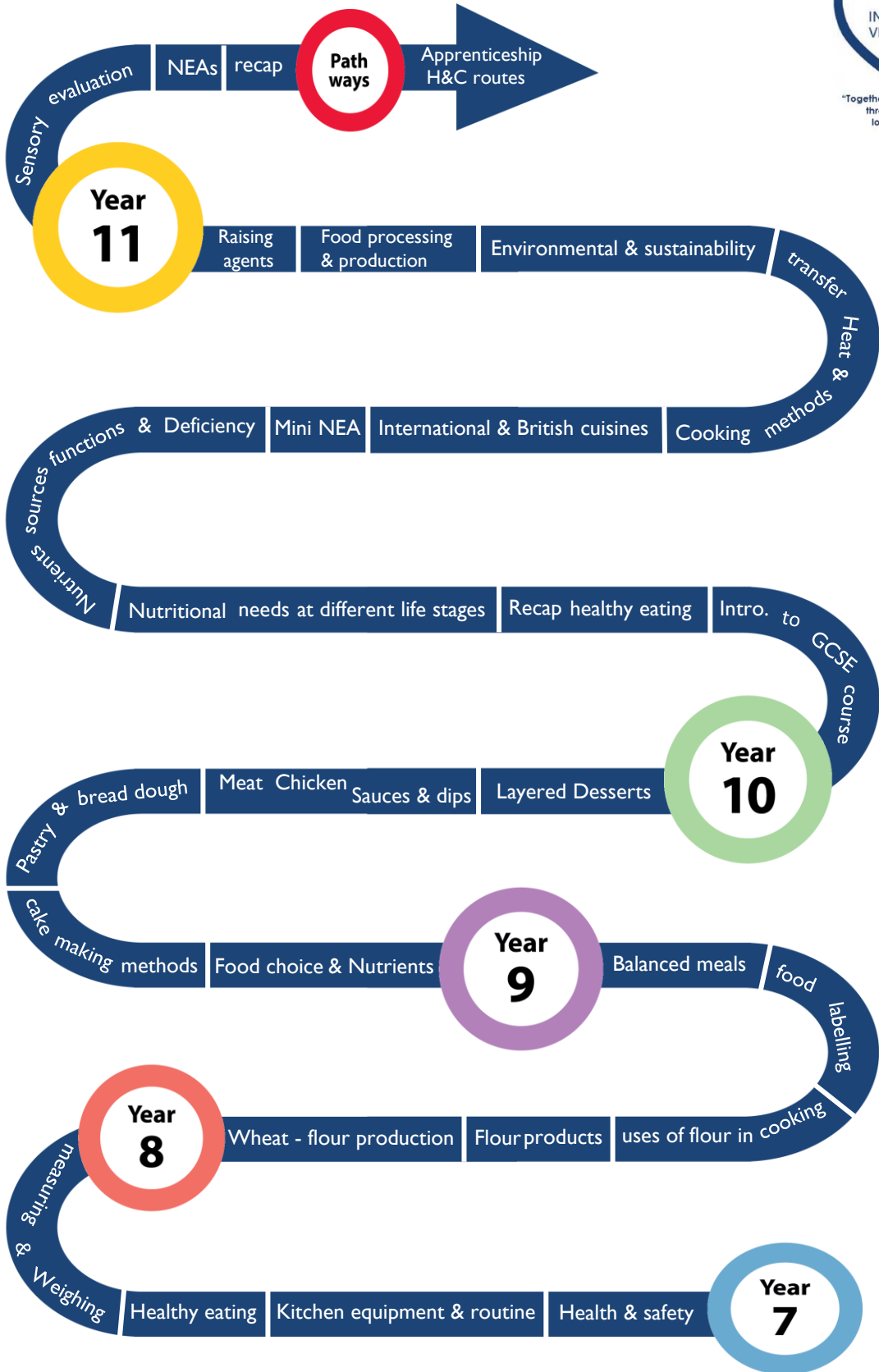


FOOD PREPARATION & NUTRITION Learning Journey



"Together towards our Lord,
through learning,
love and faith"



SUBJECT AIM

Health and fitness are better than any gold, and a robust body than countless riches **Sirach 30:15**