



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN WITH FOOD SCIENCE



NEW STEM CLASS FOR 7-9 YEAR OLDS

**SATURDAYS IN MARCH FROM 11:15AM-12:15PM
LAKELAND HILLS FAMILY YMCA**

WHAT

Learn about the science behind the foods you enjoy: Proteins, fats, carbohydrates and vitamins and minerals. Discover the answers to food questions such as:

- Why do egg whites become meringues when whipped?
- How does carbon dioxide affect yeast?

Additionally, nutrition, healthy eating tips, and basic cooking terms will be incorporated. Best of all, yummy sampling is required!

WHAT ELSE TO KNOW

- Classes are March 2, 9, 16, and 23 from 11:15am-12:15pm
- Registration Required: Online, in person, or call the Y
- Participants should be 7, 8, or 9 years of age
- All supplies included
- Members are \$50 for the 4-week session
- Non-members are \$75 for the 4-week session

CONTACT

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