

NEW

Nutrition

Pedagogical Material

*Designed with Montessori educators,
bilingual French/English*

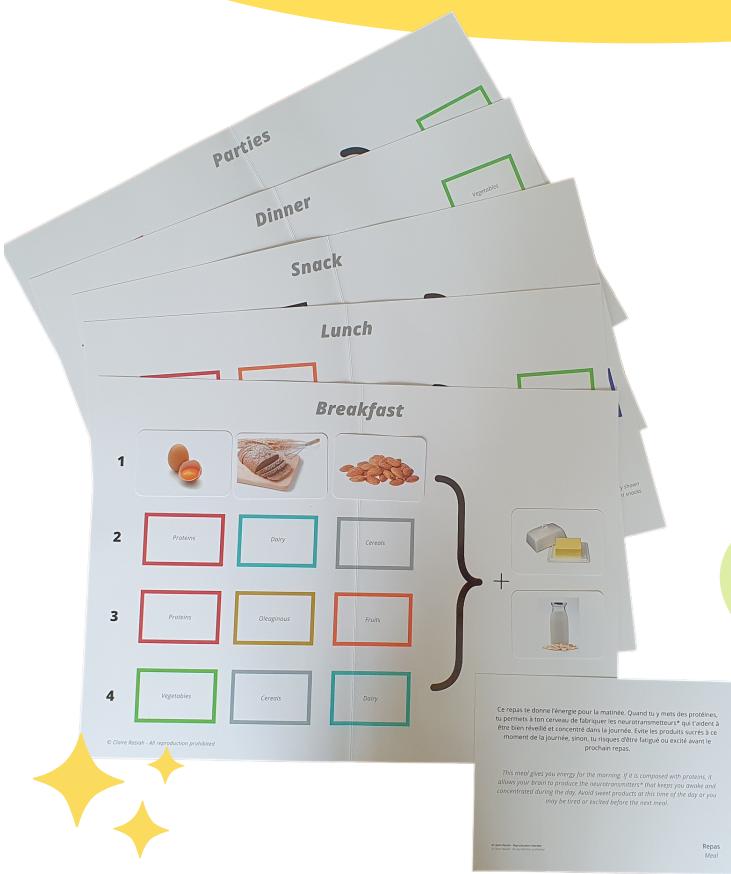


A **unique** tool for elementary classe's children:

- ✓ Learn the food names in French and English (70 different food cards).
 - ✓ Find the correct family for each food.
 - ✓ Compose menus adapted to different times of the day.
 - ✓ Discover the fruits and vegetables seasonality.

Introduced by an adult, it can be used in small groups, thanks to self-correction, for all the exercises.

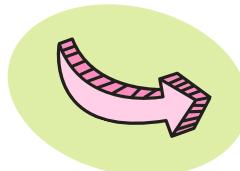
A **positive** and **efficient** way to understand how our food impacts our health, and set up new habits!
A tool triggering **thinking**, **sharing** and **dialogue**.



This pedagogical material includes:

- 3 games of 70 cards and their plastic storage box
 - 22 « Family visuals and texts » pages - size A5
 - 9 « Meal and Season » boards - size A3
 - 9 « Meal and Season texts » pages - size A5
 - 1 « Difficult words » page - size A5
 - 1 educator's guide - A4 leaflet
 - The storage box for all the material

All the documents are bilingual French/English.



Purchase order

TODAY

149€

instead of
~~199€~~

Name: First Name:
Company:
Address:
Postal Code: Town:

I would like to order units of the pedagogical material
Total : 149 x = + shipping fees* = €

*shipping fees for France: 1 unit = 10 €, 2 units = 15 €, 3 to 5 units = 21 €
For bigger orders contact me: claire.rasiah@gmail.com / +33 (0)6 89 13 11 12

Payment by check payable to Claire Rasiah or wire transfer.
Sending by colissimo, delivery within 15 days upon receipt of payment.



Claire Rasiah
Micronutritionnist

www.claire-rasiah.com



I created this pedagogical material for a Montessori school. **I'm leading** conferences and workshops for children and adults on nutrition and health.

I also offer micronutrition **personalised coaching** in support of conventional medicine for all pathologies.

Would you like to organise a presentation of the pedagogical material in your classes?
Do you wish to set up a **school or after-school project** on nutrition ?

Do not hesitate to contact me to help you organising a taylor-made event:
06.89.13.11.12 - claire.rasiah@gmail.com