

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



En cada clase usted:

- preparar y degustar alimentos nutritivos
- aprende actividad física sencilla y divertida
- aprender sobre nutrición
- recibir herramientas de cocina
- aprende cómo obtener más para tu dinero en comestibles
- recibir recetas

Para obtener más información, póngase en contacto:

A photograph of three fish tacos served on a wooden plate. The tacos are filled with fried fish, mango salsa, shredded purple cabbage, green onions, and tomatoes. The background is a blurred wooden surface.

Clases de Cocina y Nutrición

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