

# NEW

## Nutrition Pedagogical Material

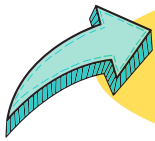
*Designed with Montessori educators,  
bilingual French/English*



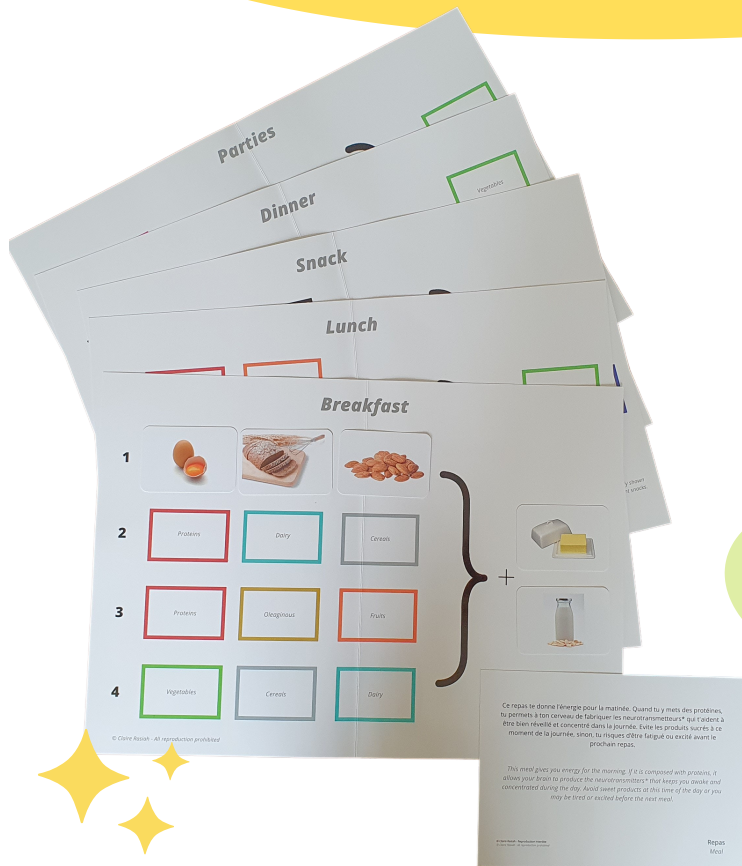
A **unique** tool for elementary classe's children:

- ✓✓ 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.



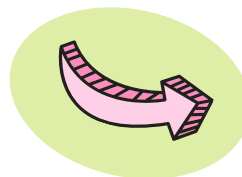
A **positive** and **efficient** way to understand how our food impacts our health, and set up new habits!  
A tool triggering **thinking, sharing** and **dialogue**.



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**

**189€**

instead of  
~~219€~~

Name:

First Name:

Company:

Address:

Postal Code:

Town:

I would like to order      units of the pedagogical material

Total : 189 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](mailto: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](http://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 tailor-made event:  
**06.89.13.11.12 - [claire.rasiah@gmail.com](mailto:claire.rasiah@gmail.com)**