

COOKING MATTERS

Financial & Nutritional Literacy for Students, Athletes & Families

1. Objectives:

- Equip participants with Financial Literacy skills that they can apply in daily life towards achieving short, medium and long term goals in school, sports, family and careers.
- Equip participants with Nutritional Literacy skills that they can apply in preparation for training, competitions and exams.
- Build stronger bonds within families through better understanding of their economic situation and how all family members can contribute to improving their lives together.

2. Overview:

- **The Course** is 7 weeks of fun and interactive activities for the whole family including:
 - **Financial and Nutritional Literacy workshops** featuring hands-on games based learning activities that engage children, teens and adults. Participants will learn:
 - Financial Needs Analysis
 - Financial Management - Budgeting, Saving and Earning to achieve short, medium and long term goals.
 - Nutritional Needs Analysis
 - Meal Planning and Nutritional Supplementation for Students and Athletes
 - Smart Shopper Skills
 - Product Research Skills
 - Value Buying Skills for best Nutritional Value and Economic for Money Spent.
 - **Cooking Class with Guest Chef** with expert tips on Brain Boosters for Students and Purpose Optimised Meals for Athletes.
 - **Smart Shopper workshop and Learning Journey** at a supermarket to help younger participants apply Financial and Nutritional Literacy skills in a real world setting.
 - **Graduation Pot Luck** for participant to celebrate and share what they have learnt and bond with new friends.
 - Workshops are conducted by qualified trainers from training partner Singa-sports Academy. These include:
 - Certified professional practitioners from the Healthcare and Financial Industries.
- **The Perks** for participants include:
 - **Registration is Free of Charge! Free Workshops and Activities!** The course is fully funded by Chiam See Tong Sports Foundation.
 - **Course Pack**, given to participants at the start of the course.
 - **Transport Allowance of \$20 per pax**, given to participants to compensate them for their bus and MRT fare. This will be paid out in cash in 2 payments, \$10 at Session 2 and \$10 at Session 5.
 - **\$50 Shopping Voucher**, given to each team of 4-5pax for their Smart Shopper Learning Journey to shop for their Graduation Pot Luck dish to be shared with everyone.
 - Chance to meet and learn from Celeb Chefs, Professional or National Athletes. (Subject to schedule and availability)

3. Schedule:

- Session 1: 9 Dec 2017 - Launch - Admin Briefing and Course Pack Collection
- Session 2: 16 Dec 2017 - Module 1- Financial Literacy For Sporty Families
- Session 3: 23 Dec 2017 - Module 2 - Nutritional Literacy For Sporty Families
- Session 4: 30 Dec 2017 - Module 3 - Making Smart Shopping Decisions
- Session 5: 6 Jan 2018 - Module 4 - Healthy Family Cooking Class
- Session 6: 13 Jan 2018 - Module 5 - Smart Shopper Assessment - Supermarket Learning Journey
- Session 7: 20 Jan 2018 - Graduation & Pot Luck

4. Venue: Chiam See Tong Sports Foundation, 780 Upper Serangoon Road, #02-12, Choon Kim House, Singapore 534649.

5. Registration:

- a. Registration period is from 24 Nov 2017 to 7 Dec 2017.
- b. Registration is open to all Singapore Citizens and PRs.
- c. Class size for this course run is capped at 20 pax. Registration will close once all places are filled.
- d. Families may register in groups comprising:
 - i. Group Size: Min 2 pax per group up to Max 5 pax per group
 - ii. Composition: At least 1 Student/Athlete and 1 Supporting Relative per group, rest of the group may consist of supporting relatives or guardians
- e. Participants are to register in groups comprising at least 1 student or athlete age between 6 to 21, accompanied with a supporting relative (sibling, parent, grandparent, cousin, aunty or uncle) or friend. Relatives and Friends of family above age 21 may be considered as guardians if they are registered as guardians in the registration form.
- f. All Children under the age of 12 years old must be accompanied by a Parent or Guardian above 21.
- g. Participants may register online at <https://singa-sports.com/courses/>
- h. For further information and enquiries, participants may contact **Programme Coordinator - Eman** at **+65 9067 0825**.