You’re Invited!

Family and Consumer Science Instructors

Join us for a day of professional development
designed specifically for you!

Monday, March 7, 2016
9:00 am - 3:00 pm
IUP Academy of Culinary Arts
125 South Gilpin Street, Punxsutawney, PA

“Life is Short Eat Dessert First”
~Jacques Torres

Welcome to the sweeter side of life! Join us for this interactive session where we will explore the art of making tarts. We will start with the creation of the basic dough and then explore and prepare a variety of fillings. The session will conclude with presentation techniques and, of course, tasting!

Reading Beyond the Food Label – What does it really mean?

Understanding information on food labels and how it applies to each of us in relation to age, whether we want to maintain or lose weight, and individual dietary needs can be overwhelming. This session will explore the appropriate percentages of proteins, carbohydrates, and fats that should be consumed throughout the day, how to tell the difference between good and bad fats and simple and complex carbohydrates, and how to incorporate this information into our daily food choices.

Registration

Two ways to register:

1. Fax completed registration form to 724-357-6200.
2. Mail form to:
   IUP Center for Career and Technical Personnel Preparation
   Attn: Erika Cooper
   1110 Maple Street, Indiana, PA 15705

Registration Deadline: Tuesday, March 1

Questions?

Registration questions? Contact Erika Cooper at ecooper@iup.edu or 724-357-4563.

Need More Information?

For additional information including directions, registration forms, and a detailed agenda please visit www.cte.iup.edu/fcsaca.

Sponsored By

IUP Center for Career and Technical Personnel Preparation with funds provided by the PA Department of Education, Bureau of Career and Technical Education.