






<p><b>Day 1:</b></p> <p>3 Nov, 2-4.30pm Or 7-9.30pm Fees: \$125</p> <p>Kayoko Tokumoto (Itoman)</p>	<p><b>Okinawa Japan Healthy Diet-How to eat live up 100-year-old</b></p> <p>① Vegetable Shinoda Roll</p> <p>② Spinach or Niqari Vegetable with Tofu (Beancurd) Paste</p> <p>③ Assorted Mushroom Sticky Rice</p> <p>④ Wolfberry containing mountain drugs hermit millet gruel</p> <p>⑤ Vegetables and tofu hamburger</p> <p>⑥ Kelp Irichi (braised of kelp and dried radish)</p> <p>⑦ Shikuasa - and honey juice.</p>	   
<p><b>Day 2:</b></p> <p>4 Nov, 2-4.30pm Or 7-9.30pm Fees: \$125</p> <p>Kayoko Tokumoto (Itoman)</p>	<p><b>Okinawa's style detoxification diet</b></p> <p>① Fried Loopah</p> <p>② Shikwasa Juice</p> <p>③ Soy red kidney beans containing brown rice</p> <p>④ Carrot Silishili (Okinawa home cooking)</p> <p>⑤ Kubu Irichi ( " )</p> <p>⑥ Black Konyaku (Yam Jelly)</p> <p>⑦ Dragon fruit and lactic acid bacteria drinks</p>	  

<b>Day 3:</b>	<b>Okinawa Power Healthy Diet</b>		
<p>5 Nov, 2-4.30pm Fees: \$125</p> <p>Kayoko Tokumoto (Itoman)</p>	<p>① Baked Meat Loaf</p> <p>② Steamed Rice with Red Beans</p> <p>③ Saikyo Miso BBQ Salmon</p> <p>④ Tamago Ryori</p> <p>⑤ Satsumaimo Ryori</p> <p>⑥ Wagashi Ryori</p> <p>⑦ Healthy Drink</p>		
			
			

\*任选两课学习 : \$200

任选三课学习 : \$280

日本老师 Kayoko-第一次来新加坡分享她的养生心得, 名额有限, 快来报名参加吧!

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## Profile



Kayoko Tokumoto (Itoman)

- ✚ Okinawa vegetables project cooperative director
- ✚ Senior vegetables sommelier (certified in 2011).
- ✚ Broccoli, producer of cruciferous vegetables such as cabbage. Bejifuru Mamma representative.
- ✚ Expertise: harvest experience, dietary education, vegetables fruits introduction and commentary, how to eat proposal. Way of eating help in anti-aging based on preventive medicine. Okinawa event cuisine.
- ✚ Eligibility: Okinawa and Kyushu area's first senior vegetables sommelier. 2nd vegetables sommelier Award Gold Award (2013).
- ✚ Junior vegetables sommelier and vegetable sommelier (Intermediate) athletes Food Meister tertiary-Bejifuru Beauty Advisor basic qualifications can take Japan Vegetable Sommelier Association accredited regional schools, Itoman classroom presided over.
- ✚ Senior (senior) vegetable sommelier.
- ✚ Okinawa food specialist, preventive medicine, anti-aging medical research Association certification
- ✚ Cancer Integrative Medicine Advisor.
- ✚ Anti-aging self-care adviser.
- ✚ Junior fruit and vegetables branding Meister.
- ✚ Mental Food Meister second grade.
- ✚ Athlete Food Meister Grade 2