











<p><b><u>Day 1:</u></b></p> <p>27 April, 2-4.30pm Or 7-9.30pm Fees: \$125</p> <p>Kayoko Tokumoto (Itoman)</p>	<p style="text-align: center;"><b>Okinawa Japan Aging Care Healthy Breakfast</b></p> <p>① Tacosy Bruschetta ② Dressed Broccoli with Salt Kelp ③ Brown Sugar Caramel Rusk ④ Sweets of Acai and Berry's ⑤ Carrot and Apple Juice</p> 	   
<p><b><u>Day 2:</u></b></p> <p>28 April, 2-4.30pm Or 7-9.30pm Fees: \$125</p> <p>Kayoko Tokumoto (Itoman)</p>	<p style="text-align: center;"><b>Okinawa's Super Food Dishes</b></p> <p>① Broccoli Crab Flavor ② Tofu with Thick Mushroom Sauce ③ Marinade of Mozuku and Mushrooms ④ Fruits Blancmange ⑤ Seven Type of Vegetable Juice</p>	    

<b>Day 3:</b>	<b>Okinawa Anti High Cholesterol and Stress Management Dish</b>	
29 April, 2-4.30pm Fees: \$125	<ul style="list-style-type: none"><li>① Moist Chicken Breast</li><li>② Roundly Meat Cauliflower</li><li>③ Mozuku Tempura</li><li>④ Matcha and Red Bean Blancmange</li><li>⑤ Smoothie of Kale and Shikuwasa</li><li>⑥ Hot Tomato Drink</li></ul>	    
Kayoko Tokumoto (Itoman)		

日本老师 Kayoko 27/4~29/4 到新加坡授课三天，每堂课原价\$135

20/4/17 前报名，选一堂课 \$ 125, 选两堂课 **\$200**, 选三堂课 **\$280**  
名额有限，欢迎报名参加！

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