

# The Emotional Link to Food Creation & Consumption



To register: 305-919-5900

## Course

Chef Kelly will explore the origins of food created and consumed through Hispanic traditions. This population is known to have a longer life span, mostly due to the types of food they have eaten over their lifetime. Gain an understanding of which foods lead to health benefits, how to adapt and prepare some Hispanic flavor into your meal plan, and maybe even discover a few unknowns when it comes to Hispanic cuisine.

## Details

Wednesday

November 20

10:30 am – 12:00 pm

\$10

## Instructor

Food is more than just a way for us to obtain the nutritional content our bodies crave. Chef Kelly will bring to light some of the other added benefits attributed to food. From the preparation to the eating and even cleanup stage, food has been at the center of family and social gatherings for many years. Explore some of the ways food is able to improve lives and even share some of your own experiences in this interactive session.



at



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