

Nutritional Cooking Training Workshop for Chefs

The “EatSmart@school.hk” campaign aims at promoting healthy eating to children. The provision of healthy and delicious lunch helps cultivate healthy eating habit of students and the school lunch caterers play an important role of it.

To equip chefs and staff of primary school lunch caterers involved in the development of recipe with a better understanding of the nutritional requirement of school children aged 6-12 and skills for recipe development and modification in preparing healthy lunch boxes, the Department of Health and the Department of Applied Science, HKIVE(Chai Wan) of the Vocational Training Council co-organize a workshop entitled “Nutritional Cooking Training Workshop for Chefs” on 28th and 29th, August 2007. Fifty-four staff members from 22 school lunch caterers participated in.

The Nutritional Cooking Training Workshop was a key initiative of the EatSmart@school.hk campaign. Department of Health is considering to organize the workshop again in the future.

Participated School Lunch Caterers (in alphabetical order)

321 Nu Concept (Food & Beverage) Ltd.
Ausino Food Holdings Ltd.
Best Kitchen Ltd.
Compass Group Hong Kong Ltd. (Chartwells School Catering)
Danny Catering Service Ltd.
Deli Fresh Ltd.
Delicious Chef King Catering Ltd.
Epoch Central Kitchen
Fit For Life Luncheon & Catering Service
Grace Banquet Catering Services and Consultancy Ltd.
Happy Holdings Ltd.
Hearty Meal - Maxim's Caterers Ltd.
Hong Kong Gourmet Ltd.
LSG Catering China Ltd.
Luncheon Star - Asia Pacific Catering Corporation Ltd.
Macy's Food & Services Ltd.
Munch International Ltd.
Murray Catering Company Ltd.
Nutripower Food Servicing

Professional Institutional Catering Ltd. – Fairwood Holdings Ltd.

Sailing Boat Catering Management Ltd.

Wing Kee Catering



Participants were having lecture.



Learning Activity: participants were divided into small groups to discuss how to modify recipes into healthier and nutritionally balanced ones.



Practicum: Participants were cooking the modified recipes.



Although they are the same dishes, chefs have their own styles and cook in different way. (1: Beef curry, 2: Dried soybean curd with straw mushroom and Chinese cabbage)



Participants and lecturers had food tasting together to exchange cooking experience.



Participants were doing the examination. Certificates were granted to participants who passed the assessment.

Words from participants:

I gain a lot from the nutrition theory session!

This workshop has provided enough information to our production staffs!

Our knowledge is enhanced. Because of working in kitchen, we focus on operation but not understand the nutrition theory behind.

The workshop achieves my expected goal, particularly food matching in lunch box!

I recommend this workshop to my friends or colleagues, because I wish they can strengthen their knowledge of nutrition and food processing!