

Nutritional Cooking Training Workshop for Chefs

Aug 2009

Date: 11 Aug 2009

No. participated: 50

Participated Organisations (by alphabetical order):

- Asia Pacific Catering Corporation Limited - Luncheon Star
- AsiaWorld-Expo - Arena Kitchen
- Ausino Food Holding Limited
- Caritas Lok Jun School
- Caritas Lok Yi School
- Chi Lin Nunnery
- Deli Fresh Limited
- Fit for Life Luncheon & Catering Services
- Hang Fa Lau Holdings Limited
- Happy Holdings Limited
- LSG Lufthansa Service Hong Kong Limited
- Macy's Food and Services Limited
- Murray Food & Beverage Limited
- Nine to Five Limited
- Original Taste Catering Company Limited
- Professional Institutional Catering Limited
- Sailing Boat Catering Management Limited
- Vitaland Services Limited
- Yeo Chei Man Senior Secondary School - Sky Lounge Restaurant
- Yeung Kin Caterer



Participants attended the workshop



Group Activity: participants were divided into small groups to develop a healthy and nutritious recipe



Representatives from each group shared their recipes and the use of 'Healthy Lunch Box Checklist'



All participants voted for the best recipe according to the nutritional quality, creativity, attractiveness and practicability. Souvenirs were presented to the champions as encouragement