

Nutritional Cooking Training Workshop for Chefs

Aug 2010

Event Date: 12 Aug 2010

No. participated: 56

Participated Organisations (by alphabetical order):

- Asia Pacific Catering Corporation Limited - Luncheon Star
- AsiaWorld-Expo
- Cafe de Coral
- Caritas Ma On Shan Secondary School
- Central Creative Kitchen
- Compass Group Hong Kong Limited
- Deli Fresh Limited
- Delicious Chef King Catering Limited
- Diocesan Boy's School
- Fairwood Holdings Limited
- Fit For Life Luncheon & Catering Service
- Foo Hong Catering Limited
- Four Seasons Catering Services Limited
- Hok Kan Small Group Home
- Hong Kong Gourmet Limited
- Hong Kong Vernacular Normal Schools Alumni Association School
- LSG Catering China Limited
- Manna Group Limited
- Maxim's Catering Limited
- Mercy Catering Services Limited
- Murray Catering Company Limited
- Murray Food & Beverage Limited
- Nine to Five Limited
- Sailing Boat Catering Management Limited

- Sunshine Kiosk
- Tastee Gourmet Asia Co. Limited
- United (Airport) Restaurant Limited



Participants attended the workshop



Dieticians were explaining important concepts



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'.



Examination



Distribution of Certificates



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