

Nutritional Cooking Training Workshop for Chefs

The "EatSmart@school.hk" campaign promotes healthy eating to children and the school lunch caterers play an important role of it.

To equip chefs and staff of school lunch caterers involved in recipe design and development with a better understanding of the nutritional requirement of school children, and to develop their skills in designing recipes for healthy school lunch, the Department of Health has organized the "Nutritional Cooking Training Workshop for Chefs" since August 2007. The workshop introduces the *Nutritional Guidelines on Lunch for Students*, and share the findings of the "Nutrient Testing of School Lunch in Primary Schools in Hong Kong 2018". To go in-line with the "Salt Reduction Scheme for School Lunches", the workshop also highlighted ways to estimate the sodium content in school lunches, and provided practical suggestions for sodium reduction.

Participants from the following 10 school lunch suppliers and school canteens attended the "Nutritional Cooking Training Workshop for Chefs" on 9 August 2019 (in alphabetical order):

- Asia Pacific Catering Corp. Ltd – Luncheon Star
- Danny Catering Service Ltd
- Delicious Chef King Catering Limited
- Fit For Life Luncheon & Catering Services
- Jockey Club Lutheran Home for the Elderly
- Macy's Food and Services Ltd
- Murray Food & Beverage Ltd
- Nine to Five Limited
- S.T.F.A. Leung Kit Wah Primary School
- Vitaland Services Limited



Participants paid their full attention to the lecture by DH's dietitians



Participants discussed and shared the practical ways of reducing sodium in school lunches



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