

## 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 (DH) has organised 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 12 school lunch suppliers and school canteens attended the online lecture of "Nutritional Cooking Training Workshop for Chefs" on 5 August 2022 (in alphabetical order):

- Cannan Lutheran Food Production Centre
- Caritas Ma On Shan Secondary School (with Boarding Section)
- DCK Catering Limited
- Evangelical Lutheran Church of Hong Kong, Grace Court
- Flourishing Catering Management Co Ltd
- Fresh Smart Catering
- Fung Kai Liu Man Shek Tong Secondary School
- Holy Trinity Primary School
- La Salle College
- Murray Catering Company Limited
- Stewards Yiu Tsuen Rehabilitation Services Centre
- Yan Chai Hospital Law Chan Chor Si Primary School



Dietitians from DH were giving online lecture about nutrition information 1



Dietitians from DH were giving online lecture about nutrition information 2

## 增加膳食纖維的建議 (2)： 每個午膳中必須提供最少一份蔬菜



一份蔬菜 =  
半碗煮熟的蔬菜



Online lecture layout 1

## 增加膳食纖維的建議 (3)：供應水果



- ✓ 增加每星期於午膳時提供水果的次數，每次最少一份水果
- ✓ 學校與午膳供應商及家長合作，以確保能提供最少一份水果



梨 1 小個  
(約148克)

4.4克



蘋果 1 小個  
(約149克)

3.6克



香蕉 1 小隻  
(約101克)

2.6克



藍莓半杯\*  
(約74克)

1.8克



紅/青提子半杯\*  
(約76克)

0.7克

膳食纖維含量

\*1杯約等於240毫升

資料來源：食物安全中心及美國農業部轄下的營養素資料實驗室



Online lecture layout 2