

## 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 "Nutritional Cooking Training Workshop for Chefs" on 4 August 2023 (in alphabetical order):

- Asia Pacific Catering Corp. Ltd. - Luncheon Star
- Cannan Lutheran Food Production Centre
- DCK Catering Limited
- Fit For Life Luncheon & Catering Services
- Flourishing Catering Management Co. Ltd.
- Holy Trinity Primary School
- Loving Nature Limited
- Murray Food & Beverage Ltd.
- Ping Kee Food Company
- Po Leung Kuk Yu Lee Mo Fan Memorial School (Boarding Section)
- Sailing Boat Luncheon Production Ltd.
- St. Stephen's College

### Photo Album

