

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 15 school lunch suppliers and school canteens attended the "Nutritional Cooking Training Workshop for Chefs" on 1 August 2025 (in alphabetical order):

- Asia Pacific Catering Corp. Ltd. - Luncheon Star
- Association for Engineering and Medical Volunteer Services - The Endeavor
- Caritas Ma On Shan Secondary School (with Boarding Section)
- DCK Catering Limited
- Flourishing Catering Management Co. Ltd.
- Fresh Smart Catering Limited
- Good Hope Primary School cum Kindergarten (Primary Section)
- Good Quality (H.K.) Catering Co. Ltd.
- Master Crown International Limited
- Murray Catering Company Limited
- Murray Food & Beverage Limited
- Po Leung Kuk Yu Lee Mo Fan Memorial School (Boarding Section)
- St. Stephen's College
- Uncle Bento
- We Serve Kitchen Catering Company Limited

Photo Album

