

Getting kids to love healthy food

Children discover fruits and vegetables via fun activities



The children showing the fruits and vegetables they decorated and turned into superhero figures. With them are Chef Bob (in white), Yit (back row, left) and Nestle (M) Bhd group corporate affairs executive director Nirmalah Thurai (back row, right)

SHAH ALAM

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WHEN asked if they would like to become 'Healthy Heroes', a group of about 100 children raised their hands with enthusiasm.

Their excitement was justified as Nestle Malaysia made them 'heroes' for a day by empowering them to eat healthily.

To mark International Chefs Day, Nestle Professional worked with the World Association of Chefs' Societies and Professional Culinaire Association (PCA) of Malaysia on an educational session designed to raise awareness of healthier eating among children.

The third year of this initiative saw the team organising a fulfilling morning session at R.E.A.L. Schools Shah Alam campus, engaging children aged eight to 12.

The children learned that fruits and vegetables could be nutritious and fun to eat.

Nestle (M) Bhd Nestle Professional business executive officer Yit Woon Lai said 10 million chefs around the world come together to celebrate International Chefs Day every year, and chefs in Malaysia were no exception.

"They engage with their local communities to share their passion for cooking and good food.

"This year, Nestle Professional is teaming up with PCA once again to bring nutrition, health and wellness to the children of R.E.A.L. Schools to celebrate the occasion and as part of the Nestle Healthy Kids programme," said Yit.

She added that the theme for this year's programme was 'Foods for Healthy Heroes'.

She said Nestle believes in instilling good nutritional habits from a young age.

The event gathered 40 professional chefs led by PCA president chef Mohd Kamaruddin Adnin (also known as Chef Bob) to help the children in various activities.

There was a juice stall from which they could choose a variety of fresh fruits to create their own juices.

Then more fun followed at a superhero stall which gave them the opportunity to decorate their fruits and vegetables.

When they completed the activities, the children were awarded superhero badges.

At the end of the session, they were presented with 'Healthy Heroes' certificates of participation.

"The Nestle International Chefs Day this year focuses on encouraging children to be creative with vegetables and fruits.

"This is a great way to help kids discover new foods," said Chef Bob.

Children learning how to make a well-balanced sandwich for breakfast at the event.

