Dusit Thani College organized “How Healthy Food Works Workshop” to celebrate International Chefs Day 2019





Dusit Thani College recently organized the cooking session “How Healthy Food Works” in order to participate and celebrate this year International Chefs Day. Students from various international school in Bangkok including International School Bangkok, International Pioneer School, Concordian International School and Saint Joseph Convent school were invited to attend this workshop. The main aim of this year’s campaign theme is to show how food affects our bodies internally.

In this event at Dusit Thani College, kids and parents had chance to learn the cooking theory in the Demonstration Room before moving to the kitchen and showing their cooking talent by preparing three menus including Baked Broccoli or Spinach au gratin, Sous Vide Chicken Breast with Fruit Salsa and Quinoa Salad and Whole Wheat Banana Carrot Cupcake. The workshop on that day ending with the lunch that all participant enjoyed with every dish that they prepared.

International Chefs Day is an opportunity to teach kids about healthy eating by letting them be creative with food. With the chef’s input, education and help, the kids will be able to create recipes out of healthy foods, helping to teach the kids How Healthy Food Works.

WHAT IS INTERNATIONAL CHEFS DAY?
Each year on October 20th we celebrate International Chefs Day.
Since its creation by esteemed chef Dr. Bill Gallagher in 2004, World chefs has committed to using International Chefs Day to celebrate our noble profession, always remembering that it is our duty to pass on our knowledge and culinary skills to the next generation of chefs with a sense of pride and commitment to the future. Over the past years, World chefs has partnered with Nestlé Professional to teach kids around the globe about the importance of healthy eating by hosting fun-filled workshops worldwide.