



International Chefs Day Toolkit 2023

Let's Start

Welcome Note

Hello! Welcome to International Chefs Day 2023!

We're excited about this opportunity to educate kids across the world about the importance of maintaining a healthy diet. Additionally, it's a fantastic chance to introduce young and enthusiastic chefs to the wonderful world of culinary arts and instil positive eating habits that will last a lifetime.

There is no better time than now to make a difference in your local community, especially by making healthy eating fun and exciting for kids.

Try to use fresh, local and seasonal produce when creating your delicious meals.

At Nestlé Professional, we're thrilled to partner with chef associations all over the world. Together, we can help create a brighter, healthier future for generations to come. Get cooking with your family and have fun!



2023 Toolkit

Included in the toolkit are:

- Our 8 healthy foods
- About our healthy foods
- Tips on how to run a workshop
- Games to play during the workshop (optional)

Along with the toolkit, there -are downloadable assets, including:

- Posters
- Certificate of completion
- Recipe cards book
- Grow a garden instructions and calendar

You also have recipe books that can be printed for the workshop and given to the kids to take home to encourage them to make the recipes with their parents or friends.

Our Healthy Foods

We have selected 8 healthy foods that are great additions to a healthy diet. They include:

Apples

Carrots

Mushrooms

Rice

Blueberries

Spinach

Chickpeas

Potatoes

*Make sure to
download the posters
of our healthy foods
for the kids to take
home*

Find out more below

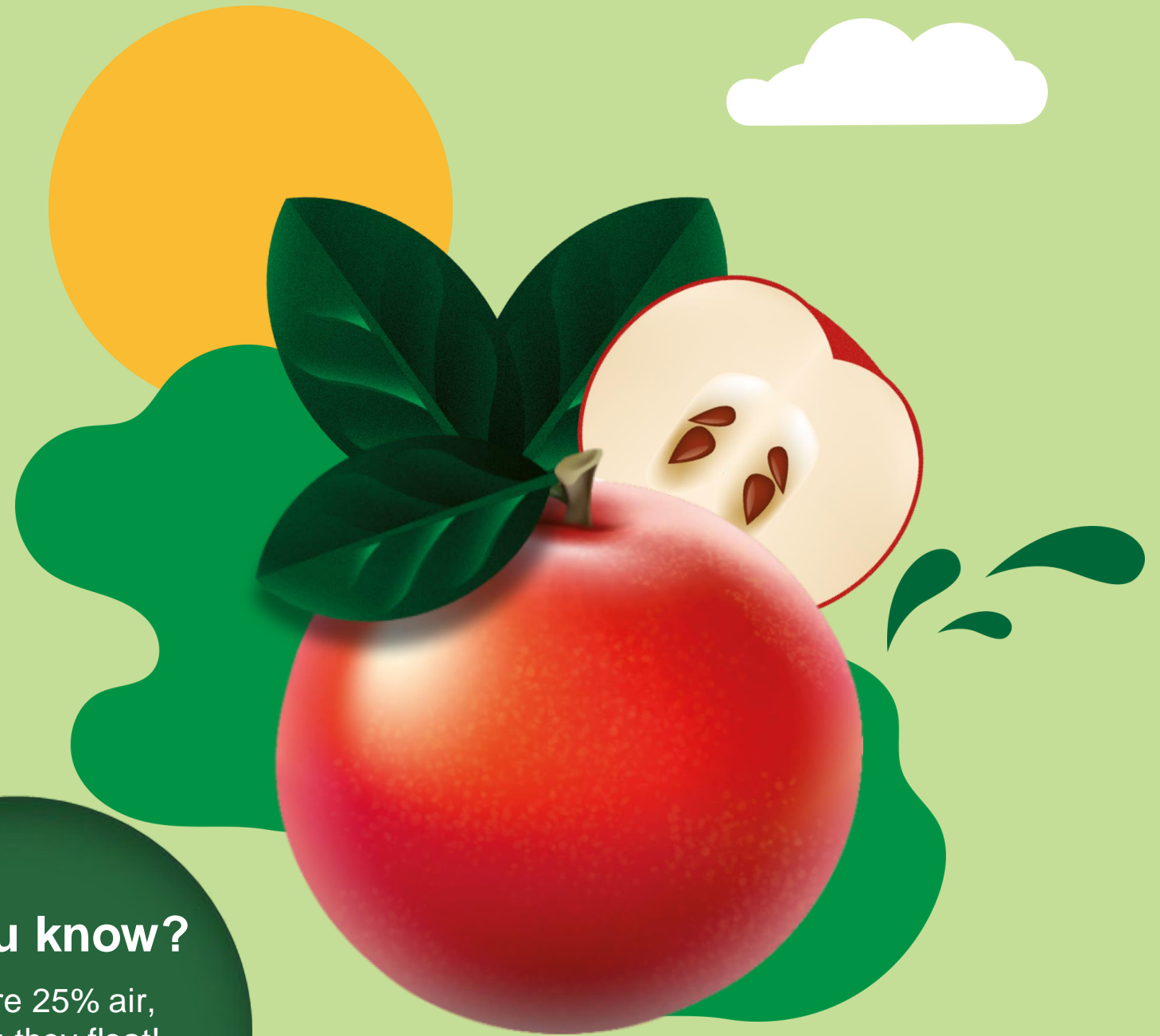
Apples

Apples are brilliant in our diets as they contain plenty of vitamins, minerals, and fibre. Discarding the skin removes much of the fibre, so you should eat the skin too!

One apple equals one portion of your five-a-day fruit and vegetables.

Did you know?

Apples are 25% air,
that's why they float!



Blueberries

Blueberries are yummy and contain vitamin C, which contributes to the reduction of tiredness and fatigue. They can act as delicious energizers!

A handful of blueberries is equivalent to one portion of your five-a-day fruit and veg.

Did you know?

Blueberries can be used as a natural dye!



Carrots

Carrots contain beta-carotene, a precursor to vitamin A that has multiple functions in our bodies! It contributes to maintaining our skin, vision, and immune system.

Carrots are a delicious addition to a healthy diet.

Did you know?

Carrots are made up of more than 80% of water



Spinach

Spinach usually has crisp leaves and a dark green colour. It contains fibre and it is a good source of vitamin A, which contributes to the maintenance of normal skin and vision!

One cup of cooked spinach equals one portion of your five-a-day fruit and vegetables!

Did you know?

Spinach is also great in smoothies



Mushrooms

Mushrooms contain vitamin D, fibre and some of the group B vitamins – such as B₈, B₉ and B₃, which contributes to the reduction of tiredness and fatigue!

Mushrooms have been eaten and used as medicine for thousands of years.

Did you know?

Mushrooms don't need light to grow!

100g of mushrooms provide at least 15% of the daily intake of niacin (B₃).



Chickpeas

Chickpeas contain carbohydrates, fibre and some minerals like iron. They also are an excellent plant-based source of protein, which contributes to the maintenance of muscle mass and normal bones.

Did you know?

Chickpeas are grown in more than 50 countries!



150g of boiled chickpeas provide 13g of protein.

Rice

Rice is a starchy grain that contains carbohydrates, fibre and minerals such as magnesium and phosphorus which contributes to the maintenance of normal teeth!

Brown rice is in its whole/intact form, and white rice has been milled and polished.

Did you know?

There are over 40,000 varieties of rice worldwide!

100g of rice provide at least 15% of the daily intake of phosphorus.



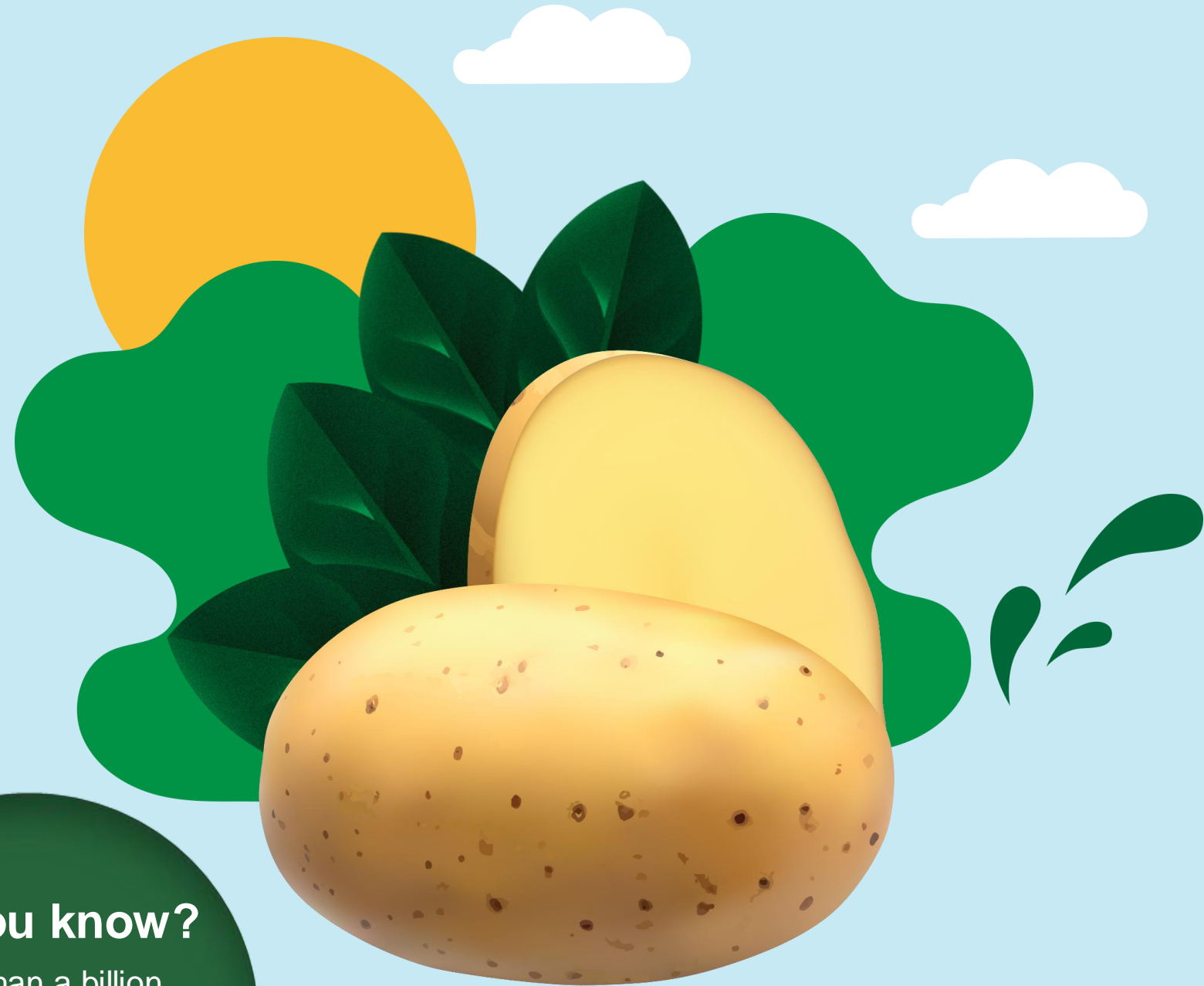
Potatoes

Potatoes are a starchy vegetable and are considered a carbohydrate source in our diets. They contain minerals such as potassium, which contributes to normal muscle function!

Did you know?

More than a billion people worldwide eat potatoes!

100g of potato provide at least 15% of the daily intake of potassium.



Workshop

Running a cooking workshop for kids on International Chefs Day can be a fun and educational experience. Here are some tips to help you run a successful event:

- Get an assortment of fresh fruits and vegetables for your workshop.
- Encourage the kids to explore the different colours, shapes, and textures of the fruits and vegetables.
- Introduce each ingredient and discuss its benefits. Refer to the healthy foods slides.
- Encourage children to explore the ingredients using their senses.
- Divide kids into groups for hands-on cooking tasks.
- Provide child-friendly tools for safe participation.
- Incorporate interactive elements like taste-testing and quizzes.
- Let kids add their personal touch to recipes for creativity.
- Discuss the importance of healthy eating and trying new foods.
- Arrange a showcase for children to present their creations.

Remember to prioritize safety and have fun!

***Don't forget to download
and print out special
certificates for each kid
as a token of their
culinary achievements.***

Hints and Tips

Here are a few hints and tips that you can discuss with the kids during your workshop. We've compiled a list of suggestions, but please feel free to add any additional ones you believe will benefit the kids. Let's make this journey of discovering nutritious food and well-being even more enjoyable for our young chefs!



Hints and Tips

11 – 15 years

1

Use unsaturated or healthy oils (olive, canola) preferably virgin, instead of other oils when cooking, on salads and at the table.

Get those bodies moving! The World Health Organization recommends children and adolescents doing 60 minutes of physical activity per day.

Choose water as your preferred beverage and drink it often! Both during and between meals.

2

Get creative!

Use leftovers in your recipes!

Cook what you have before asking for more.

Learn the difference between expiration dates and best-before dates.



3

Think before you cook

Prepare perishable foods before foods with longer shelf lives.

Do your prep, and freeze meals for when you need them.

Make your garnishes edible.

Use locally grown and seasonal fruits and vegetables whenever possible.

Hints and Tips

5 – 10 years

1

Get those bodies moving!
The World Health Organization recommends children doing 60 minutes of physical activity per day.

Choose water as your preferred beverage and drink it often! Both during and between meals.

2

Get creative!
Use leftovers in your recipes!

Reuse your edible "waste" (stalks, fruit peels) in other dishes and sauces.

3

Try local and seasonal ingredients



Game Time

This toolkit includes 2 games that can be played during the workshop.

They include:

Build a balanced plate – 5-10 year olds

Build a balanced recipe – 11-15 year olds

The objective is to teach kids about the importance of having a balanced meal and what a healthy plate should look like in a fun and educational way.



*Download printables
for both games here*

Build a Balanced Plate

5 – 10 years

What you need:



Pictures of different food items
(downloadable asset found in toolkit)



Plate chart
(downloadable asset found in toolkit)



Colour markers

How to play:

1. Explain to the kids what a balanced plate means, and why it's important for their health and growth.
2. Show them pictures of different food items, and tell them which food group each item belongs to.
3. Give each child a plate or a chart of a plate with divided sections. (To be downloaded with toolkit)
4. Ask them to draw or stick pictures of different food items onto their plates, making sure to include at least one item from each food group.
5. Encourage them to use different colours and patterns to make their plates look attractive.
6. Once they've completed their plates, discuss each child's choices with them, and point out any imbalances or missing food groups.
7. Encourage them to make changes to their plates until they have a balanced meal.
8. Repeat the game with different food items, and encourage the kids to explore new foods and food combinations.

By playing this game, kids will learn about the importance of having a balanced meal and how to make healthy food choices. They will also develop their creativity and artistic skills by designing their plates.

Build a Balanced Recipe

11 – 15 years



How to play:

For the older kids, give them a chance to show their culinary knowledge by helping them build their own recipe. We will provide a recipe template and healthy plate template. Help them plan a recipe by writing down their ingredients and methods as well as filling in their balanced plate by showing where each of their ingredients fits in, e.g. what is a protein (25% of the plate), what is a carbohydrate (25% of the plate), and what is the vegetables and fruits (50% of the plate).

This can be done in groups. The best recipes can be shared on the Nestle Professional and World Chefs social pages and credited to the kids that created it.





Thank you

for joining us!

We hope you and your little chefs enjoyed cooking and learning about the importance of the food we eat.