



# International Chefs Day Toolkit 2024

Let's Start

# Welcome Note

## Hello! Welcome to International Chefs Day 2024!

We're excited about offering access to educational resources, allowing children worldwide to learn about the importance of a healthy and balanced diet. Additionally, it's a fantastic chance to introduce young and enthusiastic chefs to the wonderful world of culinary arts and teach them skills that can last a lifetime.

There is no better time than now to make a difference in your local community, especially by making food and nutrition fun and exciting for kids. Try to be mindful of your ingredient choices when creating your delicious meals; source fresh, local and seasonal produce when you can.

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

# 2024 Toolkit

Included in the toolkit are:

- Information about Our 8 Hero Ingredients
- 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 a recipe book 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.

# What is a healthy diet?

A healthy diet includes:

- ✓ A variety of plant-based foods (fruits, vegetables, legumes, nuts and whole grains)
- ✓ 5 portions of fruit and vegetables a day
- ✓ Limited intake of free sugars
- ✓ Favouring unsaturated fats over saturated fats
- ✓ Less than 5g of salt per day

It varies depending on a person's age, gender, lifestyle, physical activity, cultural context, dietary customs and local availability.

# Our Hero Ingredients

We have selected 8 ingredients that are great to include as part of a healthy diet. They include:

Apples

Carrots

Mushrooms

Rice

Blueberries

Spinach

Chickpeas

Potatoes

*Make sure to  
download the posters  
of our Hero  
Ingredients for the  
kids to take home*

Find out more below

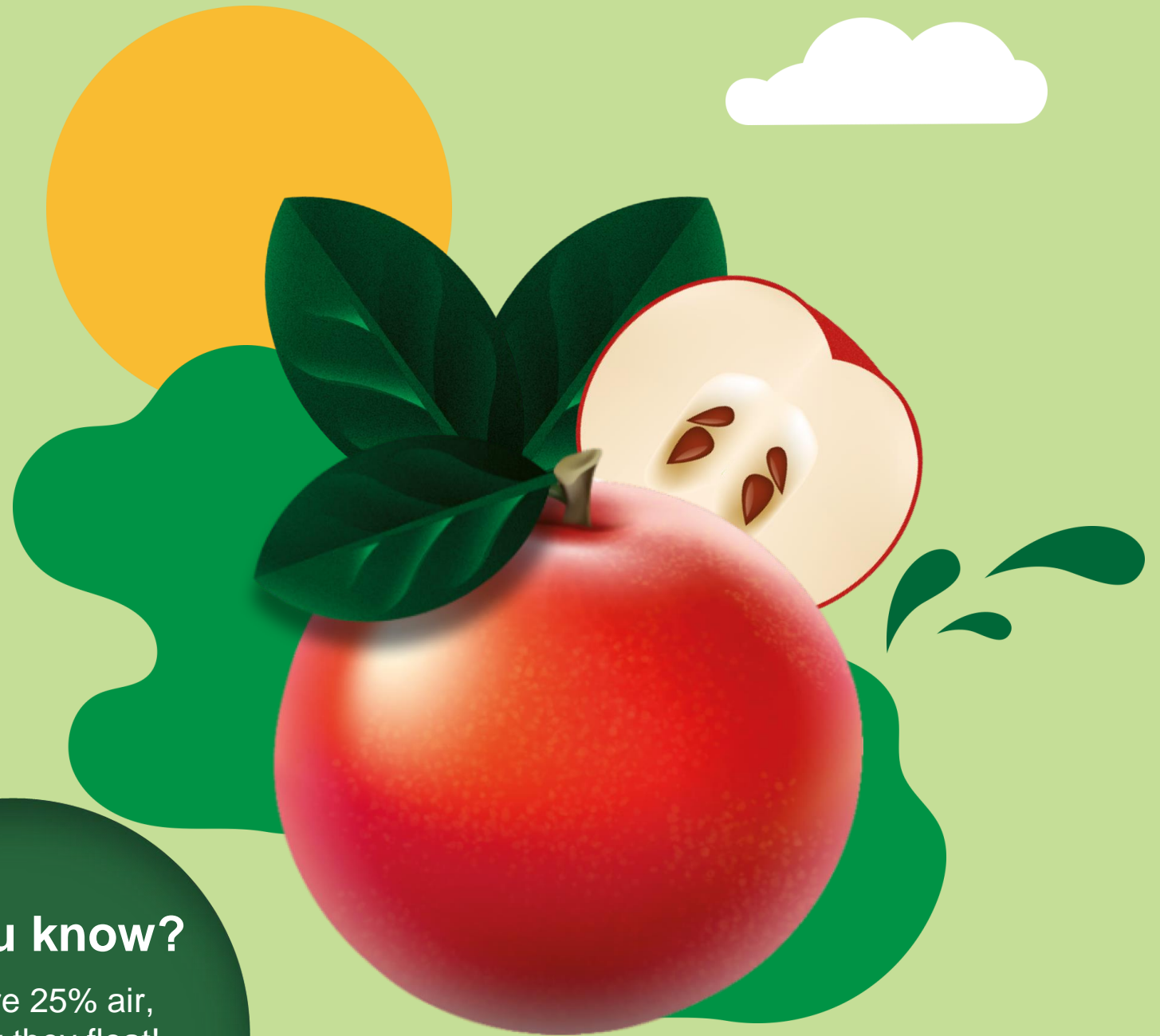
# Apples

Apples are delicious, and come in different shapes, sizes and colours, so you can choose your favourite. They provide a source of fibre, which is mostly found in the skin, so it's important not to throw it away!

One apple counts as one of your 5 portions of fruit and vegetables a day.

## 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 are juicy little bites that squish in your mouth when you bite!

A handful of blueberries (80g) is equivalent to one portion of your five-a-day fruit and veg.

## Did you know?

Blueberries can be used as a natural dye!



*120g of blueberries provide at least 15% of the daily intake of vitamin C.*



# 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. Serve them as crunchy batons, soft discs or as a smooth mash or puree!

## Did you know?

Carrots are made up of more than 80% of water



*50g of carrots provide at least 15% of the daily intake of vitamin A.*



# Spinach

Spinach usually has crisp leaves and a dark green colour. 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!

## Did you know?

Spinach is also great in smoothies



*50g of spinach provides at least 15% of the daily intake of vitamin A.*

# Mushrooms

Mushrooms provide some of the group B vitamins – such as Folate (B<sub>9</sub>) and Niacin (B<sub>3</sub>) – which contribute to the reduction of tiredness and fatigue!

Mushrooms are part of the fungi family and grow in the ground. They come in lots of different shapes and sizes!

## Did you know?

Mushrooms don't need light to grow!

*100g of mushrooms provide at least 15% of the daily intake of niacin (vitamin B<sub>3</sub>).*

# 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!



*100g of boiled chickpeas provide ~9g of protein.*

# Rice

Rice is a starchy grain that contains carbohydrates. It also provides phosphorus, which contributes to the maintenance of normal teeth!

Brown rice is a whole grain that is intact, white rice has been milled and polished to remove the tougher parts of the grain, this means it cooks quicker!

## Did you know?

There are over 40,000 varieties of rice worldwide!



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

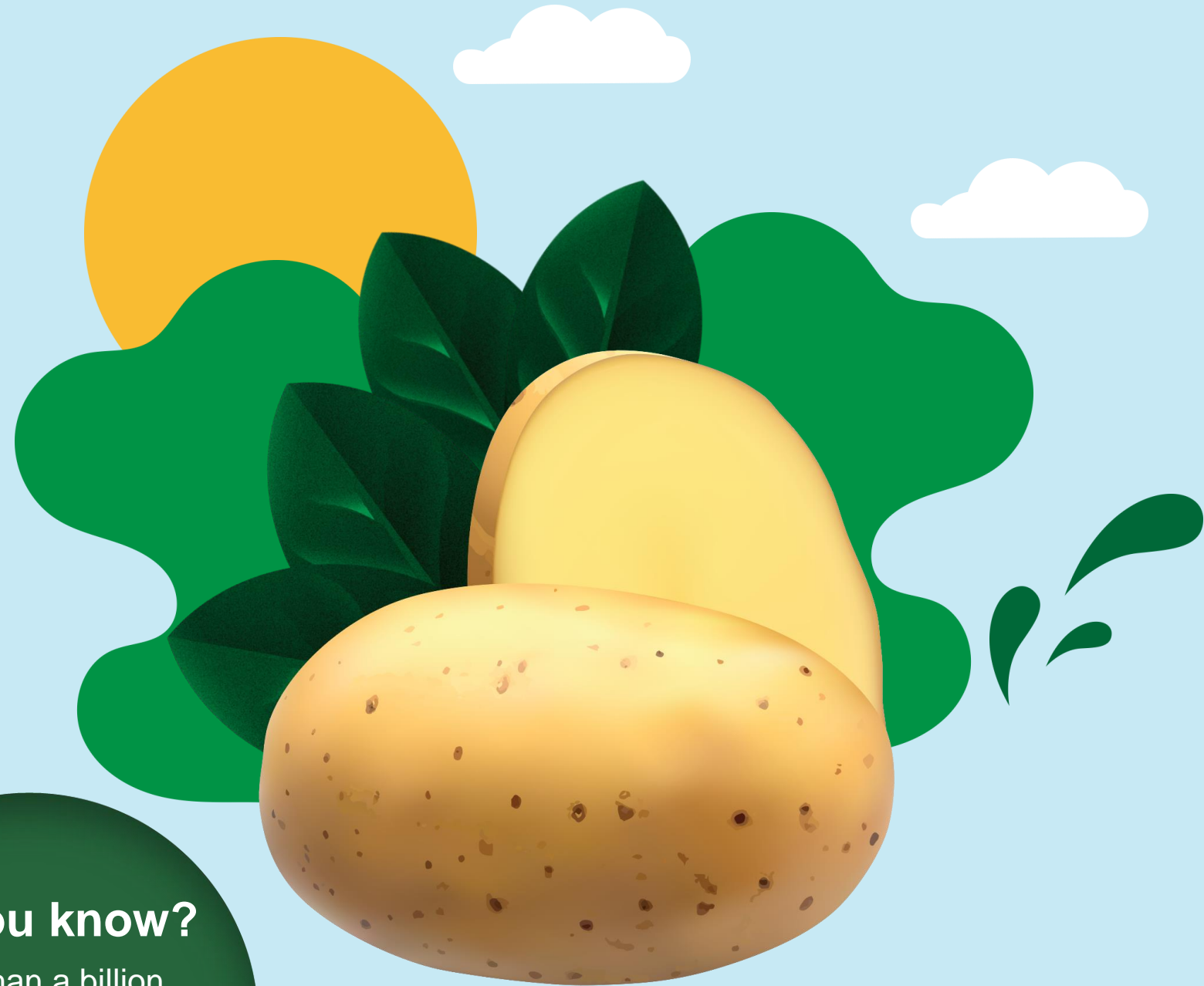


# Potatoes

Potatoes are a tuber, which are considered as carbohydrate sources 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 fruits and vegetables for your workshop (fresh, frozen,...)
- 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 Hero Ingredients' 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 eating a balanced diet 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 food and what is a balanced diet even more enjoyable for our young chefs!





# Hints and Tips

5 – 10 years

1

Get those bodies moving!  
Children are recommended to do 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

If possible, **try local and seasonal ingredients** when preparing recipes



# Hints and Tips

11 – 15 years

1

Choose olive, rapeseed or canola oils (preferably virgin), in place of butter, coconut oil or palm oil when cooking, on salads and at the table.

Get those bodies moving! Children and adolescents are recommended to do 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 ingredients that you already have in the fridge before buying more.

Learn the difference between expiration dates (use by) 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.

# Game Time

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

They include:

- 1) Build a balanced plate – 5-10 year olds
- 2) Build a balanced recipe – 11-15 year olds

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



*Download printables  
for both games here*

# 1) 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 they are important.
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 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.**

# 2) Build a Balanced Recipe

11 – 15 years



The recipe card features a central circular diagram divided into four quadrants, each representing a food group: 'VEGGIES & FRUITS' (green), 'HEALTHY PROTEIN' (orange), 'WHOLE GRAINS AND TASTY TUBERS' (blue), and 'CARBOHYDRATES' (yellow). The card includes a 'Recipe Name' field, an 'Ingredients' section with three lines, and a 'Method' section with five lines. The background is light green with illustrations of various fruits and vegetables.

## 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 and a 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 Nestlé 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.