



# FOOD EXPLORERS

International Chefs Day

Toolkit 2026

Let's start



Nestlé  
PROFESSIONAL



# WELCOME NOTE

## Hello! Welcome to International Chefs Day 2026!

We're excited about offering access to educational resources, helping people 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. 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!

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# 2026 TOOLKIT

## Included in the toolkit are:

- Information about Our 13 Hero Ingredients
- Tips on how to run a workshop

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 participants to take home to encourage them to make the recipes with their family or friends.

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# 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.

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# OUR HERO INGREDIENTS

We have selected 13 ingredients that are great to include as part of a healthy diet. They include:

Apples, carrots, mushrooms, rice, blueberries, spinach, chickpeas, potatoes, beans, peas, lentils, oats and nuts.

Find out more below

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

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## DID YOU KNOW?

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

# 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.

1 medium apple (200g) contains 4g of fibre.

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## DID YOU KNOW?

Blueberries can be used as a natural dye!

# BLUE BERRIES

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.

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



### DID YOU KNOW?

Carrots are made up of more than 80% of water

# 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!

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!

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





## DID YOU KNOW?

Mushrooms don't need light to grow!

# MUSHROOMS

Mushrooms provide some of the group B vitamins – such as Folate (B9) and Niacin (B3) – 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!

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





**DID YOU KNOW?**

Chickpeas are grown in more than 50 countries!

# 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.

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



**DID YOU KNOW?**

There are over 40,000 varieties of rice worldwide!

# 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!

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





**DID YOU KNOW?**

More than a billion people worldwide eat potatoes!

# 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!

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

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### DID YOU KNOW?

Beans are among the cheapest nutrient sources, delivering high nutritional value per dollar.

# BEANS

Beans belong to the family of pulses. Common beans are black bean, pinto bean, navy bean, white (cannellini) bean and kidney bean.

They are source of protein and fibre, rich in certain micronutrients. Can be used in a variety of meals such as salads, soups, chili, dips, pasta, burger.

100 g boiled bean provides approximately 8 g of protein.

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## DID YOU KNOW?

Green and yellow split peas are pulses, while fresh peas are not, as they are not dried before consumption.

# PEAS

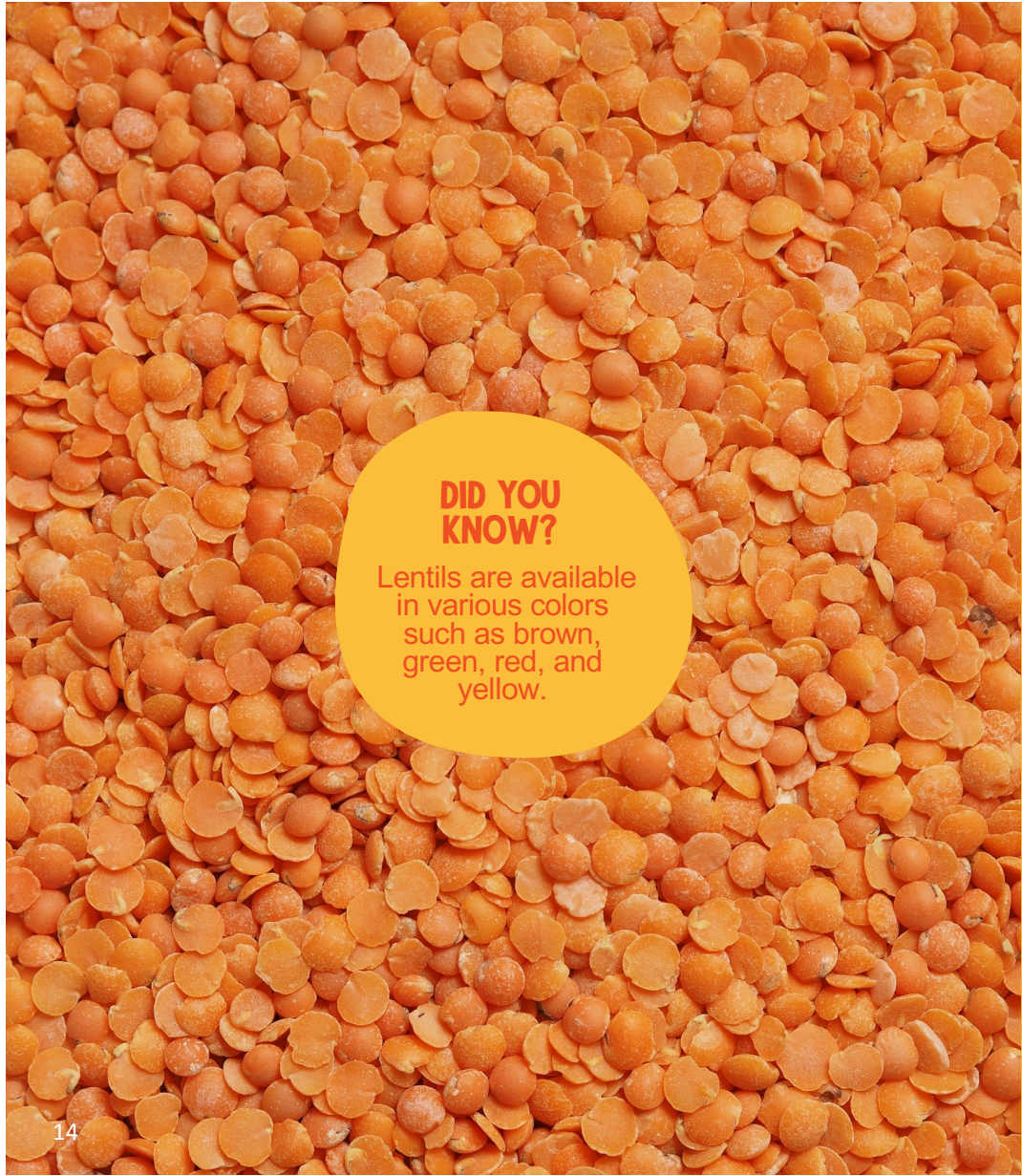
Green peas are among the most widely used peas. They are small but nutrient-rich, they provide protein and fiber.

Frozen peas are highly versatile and easy to use across many recipes. Perfect for soups, stews, curries, as a side dish, or mashed on toast.

100 g of green peas delivers approximately 5 of protein.

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**DID YOU KNOW?**

Lentils are available in various colors such as brown, green, red, and yellow.

# LENTILS

Lentils belong to the pulse family and are a source of plant-based protein and carbohydrates. They are rich in fibre, B vitamins, iron, zinc, magnesium, phosphorus, and potassium.

Lentils are ideal for soups, stews, salads, or as a side dish.

100 g boiled lentils provides approximately 9 g of protein.





### **DID YOU KNOW?**

Whole grains can contribute to protein and fibre intake.

# OATS

Oats are whole-grain cereals and a source of fibre, particularly beta-glucan, as well as B-vitamins, magnesium, phosphorus and zinc.

Oat is ideal for oatmeal, smoothies, milkshakes, cakes.

100 g whole grain, rolled oats contain 13,5 g protein.

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### DID YOU KNOW?

A small handful of nuts is typically considered as a daily portion size.

# NUTS

Nuts are of sources of plant-based fat, protein and fibre. They also contain vitamin E, folate, potassium.

They can be used whole, chopped, or ground into pastes and sauces.

1 portion of mixed nuts (~25 g) provides approximately 5,9 g protein.



# WORKSHOP

Running a cooking workshop 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 people 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 everyone to explore the ingredients using their senses.
  - Divide participants into groups for hands-on cooking tasks.
  - Provide user-friendly tools for safe participation.
- Incorporate interactive elements like taste-testing and quizzes.
- Let everyone add their personal touch to recipes for creativity.
- Discuss the importance of eating a balanced diet and trying new foods.
  - Arrange a showcase for people to present their creations.

**Remember to prioritize safety and have fun!**

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

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## PERMISSION FORM

for the Food Explorers Cooking Workshop

First and last name of the parent: \_\_\_\_\_

Email: \_\_\_\_\_

Phone/mobile phone: \_\_\_\_\_

First and last name of the child: \_\_\_\_\_

Birth date: \_\_\_\_\_

Allergies or any relevant information about the child:  
\_\_\_\_\_

I agree that pictures are taken of my child during this activity. These photos will be made available to me on a temporary and protected website after the event. I agree that photos of my child can be used only for the communication of Nestlé Professional.

I do not agree that pictures of my child are taken during this activity.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_



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**Thank you  
for joining us!**

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

