

ADVOCATES FOR HEALTHY EATING

THE National Kidney Foundation (NKF) and Berjaya University College of Hospitality (BUCH) have teamed up to foster healthy eating among youths with a Healthy Cook-off Competition for BUCH students.

The competition is in line with the World Kidney Day (WKD) 2017 theme: Kidney Disease and Obesity. Students are invited to submit recipes for the joint review of NKF dietitians and BUCH chefs.

Finalists with the best recipes that fit kidney-friendly diet guidelines will be selected for a cook-off finale. Winning entries will be compiled into a recipe booklet that will be distributed to the public at upcoming WKD 2017 activities.