

Cook-off to raise awareness on healthy eating among youths

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

The competition is in line with the World Kidney Day 2017 theme – “Kidney Disease and Obesity”.

World Kidney Day is an annual global awareness campaign held on the second Thursday of March.

It aims mainly to reduce the frequency and impact of kidney disease worldwide.

NKF and BUCH hope to foster healthy eating habits and create kidney-friendly recipes suitable for the community.

BUCH students are invited to submit recipes for the joint review of NKF dietitians and BUCH chefs.

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

Speaking on the competition, NKF chief executive officer Chua Hong Wee said, “Kidney disease is an irreversible and incurable disease that damages the organ’s ability to remove harmful wastes from the body.

“We hope to educate youths and the public on the importance of healthy eating to prevent kidney disease.”

Chua Hong Wee

“Kidney failure patients have to live with the disease and its effects for the rest of their lives.

“Through this competition, we hope to educate the youths and general public on the importance of healthy eating to prevent kidney disease and its risk factors.”

BUCH School of Culinary Arts director Chef Jochen Kern said, “Kidney disease is often caused by diet-related diseases such as obesity, hypertension and diabetes, so it is important for the public to keep watch on their diet.”

“We want to show that it is possible to eat healthy without sacrificing the taste and quality of our meals.”

NKF relies on the support and generosity of the public to continue funding 1,600 patients across 26 centres in Malaysia.