



(Standing, from left) Berjaya UCH's senior chef instructor Mohd Roiziddin bin Mohd Razalli, NKF's dietician Kher Pui Ling, Berjaya UCH's Faculty of Culinary Arts director chef Jochen Kern, Move to Cook's Suki Low and Berjaya UCH's senior lecturer Chef Vincent Pang Fook Huat with the culinary arts students after the competition.

Encouraging youth to eat healthy

THE National Kidney Foundation of Malaysia (NKF) and Berjaya University College of Hospitality (Berjaya UCH) have teamed up to foster healthy eating among youth by holding a Healthy Cook-Off Competition for Berjaya UCH students.

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

World Kidney Day is a global awareness campaign held annually on March 2 with the aim of reducing the frequency and impact of kidney disease worldwide.

The objective of the competition is to create healthy and kidney-friendly recipes that are suitable for the community at large.

Berjaya UCH students were invited to submit recipes for the joint review of NKF dieticians and Berjaya UCH chefs.

Five finalists with the best recipes that fit the diet guidelines were selected for the Cook-Off Finale and winning entries will be compiled into a recipe booklet that will be distributed to the members of the public at the upcoming World Kidney Day 2017 activities.

Speaking of the competition, NKF's 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. Kidney failure patients have to live with the disease and its effects for the rest of their lives," he said.

In helping Malaysians suffering from end-stage kidney failure who lack access to or cannot afford dialysis treatment, the non-profit charitable organisation relies on the support and generosity of the public to continue funding 1,600 poor dialysis patients across 27 centres in Malaysia.

"Through this competition, we hope to educate the youths and the public on the importance of healthy eating to prevent kidney disease and its related risk factors. It was heart-warming to see the capabilities of the students from Berjaya UCH on designing menus suitable for the community," said Chua.

"Kidney disease brings with it many changes to a patient's diet, such as the need to limit the amount of sodium or protein consumed," added chef Jochen Kern, director

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Jochen Kern

of Berjaya UCH's Faculty of Culinary Arts.

"However, we want to ensure that kidney failure patients have the best quality of life despite their condition and show that it is possible to eat healthy without sacrificing the taste and quality of their meals. A kidney-friendly meal will also be beneficial to non-patients as a healthy eating option. We are privileged to be chosen by NKF to synergise with this competition that provides a lot of benefits to the community," he said.

About Berjaya University College of Hospitality

Berjaya UCH is Malaysia's premier university college in the fields of hospitality, culinary arts, tourism and event management.

It is situated in Kuala Lumpur's golden triangle.

Located on the 11th and 14th floors of Berjaya Times Square, it is conceptually designed with a five-star hotel ambience equipped with the most comprehensive and advanced facilities that mirror real-world settings.

It also offers courses in business and liberal arts.

Berjaya UCH is working to make higher education more accessible, affordable and attainable for everyone.

Its affiliation with the Berjaya Corporation Group of Companies allows the institution to host several bursary schemes and education scholarships for both local and international students.

On top of that, the PTPTN education financing scheme is also available for Malaysian students.

■ For more information on Berjaya UCH, visit www.berjaya.edu.my.