



Press Release

**‘Eat Smart International Cuisine Banquet’ –**

**Chefs Cook Aromatic and Delectable ‘Smart’ Dishes**

**Elderly: Bon Appétit!**

Must elderly eat food that is flavourless? Surely not. As long as chefs choose suitable ingredients and put their hearts into cooking, they can certainly prepare delicious and healthy ‘smart’ dishes for elderly. 14 of Po Leung Kuk’s Elderly Services chefs joined the ‘Eat Smart International Cuisine Banquet’ Elderly Services Cooking Competition today and demonstrated how to cook aromatic, delectable and healthy international delicacies, including starter, main dish, soup and minced and pureed meals especially designed for elderly with reduced chewing abilities.

Some 30 elderly and guest judges had tasted and rated the dishes. The eye-catching dish ‘Colourful Prairie’ by Chef Leung Kam Lin from Tai Kok Tsui Home for the Elderly received the Creativity Award. ‘Colourful Prairie’ unconventionally used pork knuckles, which had long been considered fatty, as its main ingredient. Taking elderly’s health concern into consideration, Chef Leung Kam Lin slow-cooked the pork knuckles for five hours and steamed it to remove excess oil, so that elderly could chew and swallow without difficulty; Ingredients such as cucumber and fungus, which could eliminate fluid retention and clean blood vessels respectively, were added to give more colours and flavours so that elderly could enjoy piquant dishes.

Dietitian Wilson W. Y. So shared a ‘One Week Eat Smart Meal Plan’ with the elderly. He thought if elderly had a balanced diet with regulated portions, they did not need to avoid certain food completely. Taking the 21 meals in the Meal Plan as example, dishes were mainly high in fibre with colourful side dishes to pique elderly’s appetite. Elderly could also enjoy dishes high in fat content, sodium and oil as long as these dishes were within three meals per week. He also suggested that elderly stayed hydrated by drinking healthy soup and had more delicious food when eating out to increase appetite, such as having food with oil content in moderation, which could provide moisture to elderly’s dry skin.

Nina Ng, Assistant Principal Social Services Secretary of Po Leung Kuk Social Services Department, said Po Leung Kuk valued elderly’s wellbeing and health and wished that they could enjoy eating, instead of only having bland and tasteless food. As the chefs from different service units noticed the elderly could not eat out and had limited diet choices due to their health conditions and reduced chewing abilities, the chefs strived to produce piquant and appetizing minced and pureed meals to stimulate elderly’s appetite, hoping that they could enjoy eating. Po Leung Kuk also took the chance to foster communication between chefs, so



that they were not only there to cook and to work, but to cook creatively with a passion to produce international dishes, so that elderly could enjoy global delicacies without having to leave their seats.

— The End —

### About Po Leung Kuk

Founded in 1878, Po Leung Kuk, as one of the largest charity organizations in Hong Kong, has been serving Hong Kong for 138 years with its objective of “Protecting the Young and the Innocent”(保赤安良). Currently, the Kuk has 300 units strategically located in Hong Kong and provides services in social welfare, education, recreation and cultural fields. The service attendance at the Kuk exceeds 600,000 annually. For more information about Po Leung Kuk, please go to [www.poleungkuk.org.hk](http://www.poleungkuk.org.hk).

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Picture 1:  
Chefs from different Homes for the Elderly with their ‘Eat Smart’ delicacies.



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Picture 2 & 3:

'Colourful Prairie' by Chef Leung Kam Lin from Tai Kok Tsui Home for the Elderly received the Creativity Award.



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Picture 4 & 5:

While 'eating smart', the elderly could also rate and select their favourite dish.