



Faculty of Science  
The University of Hong Kong



Education Bureau  
The Government Of The Hong Kong  
Special Administrative Region



HKU × Go.Asia × Food Revolution HK

THE

SCICHEF

COOKING CHALLENGE!

Final

2015



Venue Sponsor:



<http://scichef.asia>



# Table of Content

Message from the Knowledge Exchange Office.....	2
Message from the Faculty of Science.....	3
Message from the DotAsia Foundation.....	4
About the Project.....	5
Highlights from Semi-Final.....	6
Participating Schools.....	7
Programme Rundown.....	8
Challengers and Their Dishes .....	9 - 10
Biographies of Judges (Alphabetical Order).....	11 - 15
Chef Alvina CHAN 陳彥琳小姐, Mr. Edmon CHUNG 鍾宏安先生, Chef Anita LAM 林趙素玲女士, Prof. Nagendra P.SHAH, Mr. Simon WONG 黃傑龍先生	
3D Latte Art Demonstration and Workshop, Biography of Barista Leo CHAU (周子良先生).....	16
Molecular Gastronomy Demonstration, Biography of Master SciChef Perry LAU (劉滿堂先生).....	17
Sponsors (Alphabetical Order).....	18 - 24
Academy of Knowledge, Allegretto Viva Espresso, Alvina Cookery, Carrousel Studio, DotAsia Organization, et press, Home Management Centre, Kabushikigaisha Group, Shui Yue	
Acknowledgements.....	25
Notes.....	26

## Organizing Committee

Project Director: Dr. Benny C. H. Ng  
 Project Co-Directors: Dr. Jessica S. C. Leung, Miss Beatrice Chan

# Welcome SciChefs!

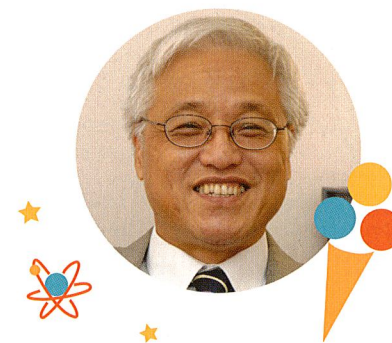
With recent food scandals on tainted lard oil and rotten meat being used in products that are sold to the public, there is a growing concern on food safety in society and people are becoming more conscious of healthy eating. However, what makes a healthy dish and how can we make healthy eating choices?

If you enjoy good food or cooking and want to make smart, healthy eating choices for yourself and your family, it is important for you to know something about the nutrition values of the ingredients in your food and the chemical reactions produced in the manufacturing and cooking processes. You may relate such knowledge to the subject of science, which may seem complicated and hard to understand to most people. Our faculty members in Science will show you that this is not necessarily the case. The “SciChef Cooking Challenge” will offer you a taste of food analysis and food experiments through interesting and engaging activities and introduce the scientific concepts involved in food making and cooking in an interactive way.

This competition is part of a project funded by the HKU Knowledge Exchange (KE) Fund. The event not only provides students with opportunities to have hands-on food experiments and analysis outside the classroom, but also inspires students to be creative, inviting them to design healthy dishes. Hopefully, the event will arouse participants’ interest towards food science and their awareness in the global issues concerning nutrition and food safety.

Let me extend a warm welcome to all the participants of this KE event. Cooking is fun, and science makes it both fun and healthy.

Professor Paul K H Tam  
 Vice-President and Pro-Vice-Chancellor (Research)  
 Director of Knowledge Exchange Office  
 The University of Hong Kong





## Message from the Faculty of Science

On behalf of the Faculty of Science, The University of Hong Kong (HKU), I would like to extend my warmest welcome to all of you for joining the *1st SciChef Cooking Challenge*.

Science and Culinary Art may be seen as two separate entities but they are in fact closely interlinked:

**Science enhances the manifestation of Culinary Art, whereas Culinary Art visualizes the taste of Science.**

Numerous chemical reactions essential to the taste, odor, aroma and appearance of food take place during the process of cooking. These chemical reactions often take place at a molecular level beyond the reach of our naked eyes. A better understanding of the science behind can bring a dish to its perfection, and make both cooking and dining more intellectual and fun activities.

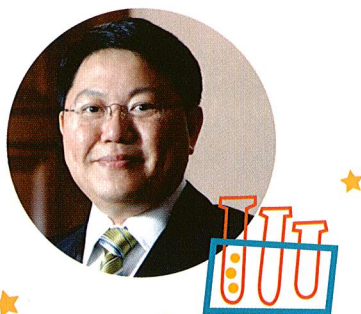
With this in mind, “SciChefs” are the ones with the passion of bringing the two seemingly separate disciplines, i.e., Science and Culinary Art, together. They constantly strive for perfecting their recipes and bringing innovations by exploring and incorporating scientific concepts and methods into cooking. They are eager to testify the old wives’ tales with the spirit of science and surprise their diners with an amazing sensational experience through the wonders of science.

Especially to our Junior SciChefs — *Welcome to this interdisciplinary zone of Science and Culinary Art!* Through this academically-engaging and eye-opening journey of the *SciChef Challenge*, I hope you will enjoy this event, learn a great deal from both science and cooking, and be able to appreciate the chemistry, scientific principles and connection between Science and Culinary Art!

With best wishes,



Professor Kenneth Mei Yee Leung  
Associate Dean (Research and Graduate Studies)  
Faculty of Science  
The University of Hong Kong



## Message from the DotAsia Foundation

*Eating is a Necessity but Cooking is an Art.* When you cook with love, you provide food for the soul. As the organizer of the Jamie Oliver’s Food Revolution in Hong Kong, Go.Asia not only launching numerous health and cooking activities for local public every May, but also establishing the very first systematic health and food education, *Think.Cook.Save*, for local students. Think.Cook.Save supports school teachers by providing free cooking classes and talks on food issues to students. Through our school program, we aim to inspire students to experience the world through cooking, and to cherish global resources, especially our food.

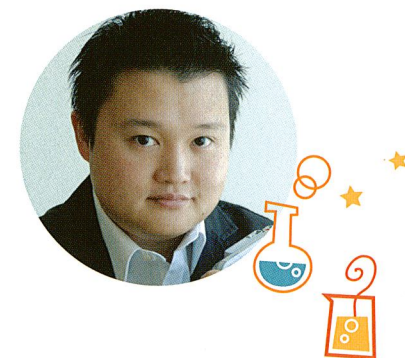
It is our honor to co-organize the *1st SciChef Cooking Challenge* with the Faculty of Science, The University of Hong Kong. Our vision on good cooking is “mastering simplicity”. The key to cooking well is to master the skill of selecting fresh ingredients and use appropriate basic cooking techniques. There is a lot of science behind cooking – such as how the Maillard reaction creates the flavor profile of a perfectly seared steak, and how osmosis is the theory behind brining a piece of meat. Understanding cooking through scientific theories can satisfy and reward both intellectual and gastronomic appetites!

Lastly, we hope our Junior SciChefs will enjoy the *1st SciChef Cooking Challenge*, flex their academic muscle, whet their culinary curiosity, and bring lots of great food back to their families and friends.

With best wishes,



Edmon Chung  
CEO  
DotAsia Foundation | DotAsia Organisation Limited



Go.Asia (<http://www.go.asia/>) is a platform under DotAsia Foundation (IRD 91/12820) that aims to initiate social innovation and charitable projects. Go.Asia has successfully brought Jamie Oliver’s Food Revolution and United Nations’ anti-food waste program to Hong Kong and has raised awareness across the region. Both initiatives promote using individual efforts to create positive changes to the society. “Think.Cook.Save.” (<http://frd.asia/>) is Go.Asia first school and community food & health education program focused on delivering free talks and cooking demonstrations to school kids.





# About the Project

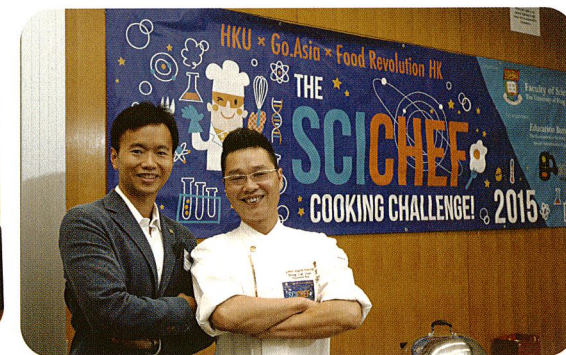
The SciChef Cooking Challenge aims to foster food science, chemistry and nutrition knowledge to junior secondary school students, and arouse their interest towards science and healthy eating habits through a two-day event, which will include informative lectures, live cooking demonstrations, participants' proposed "healthy dish" presentations, and a cooking competition.

Taking advantage of this KE opportunity, we will leverage our disciplinary expertise and join forces with Go.Asia, which has successfully brought the British renowned chef Jamie Oliver's Food Revolution Day and United Nation's "Think.Eat.Save" to Hong Kong, to be a part of the larger global effort helping the younger generation to understand science-based cooking and healthy eating better, and continue the worldwide mission of better food and education for everyone.

這個計劃旨在培養初中生對食物科學、化學及營養的知識，通過為期兩天的活動，包括互動講座、即場烹飪示範、參選作品匯報及科學廚神挑戰賽，從而啟發他們對科學及健康飲食的興趣。透過是次知識交流平台，我們將與負責把英國著名廚師傑米·奧利佛發起的《為食起革命》及聯合國《思前·食後·厲行節約》計劃來香港的Go.Asia愛心起動合作，推動全球享應的食物革命概念，令年輕一代更深入了解健康飲食及體驗科學和食物之間微妙的關係。



# Highlights from Semi-Final





# Participating Schools



- ★ Chiu Lut Sau Memorial Secondary School
- ★ CMA Secondary School
- ★ Good Hope School
- ★ HKMA David Li Kwok Po College
- ★ HKUGA College
- ★ Holy Trinity College
- ★ Immaculate Heart of Mary College
- ★ Shun Tak Fraternal Association Yung Yau College
- ★ Stewards Pooi Kei College
- ★ The YWCA Hioe Tjo Yoeng College
- ★ Tsuen Wan Public Ho Chuen Yiu Memorial College
- ★ Tuen Mun Government Secondary School

# Programme Rundown



Time	Events
10:00	Registration
10:30	Opening Ceremony & Team Drawing
10:45	Cooking Challenge Part 1 (6 teams) & 3D Latte Art Demonstration and Workshop
11:45	Q&A with Judges
12:15	Lunch
13:00	Cooking Challenge Part 2 (6 teams) & 3D Latte Art Demonstration and Workshop
14:00	Q&A with Judges
14:30	Molecular Gastronomy Demonstration by Master SciChef Perry LAU (劉滿堂先生) from Shui Yue (水月)
15:00	Prize Presentation & Closing Ceremony





## 1. Amazing Chicken Wings with Rice

WONG Ho Ming, CHOW Ching Yan & HUANG Ke Ying  
CMA Secondary School

## 2. Macrobiotic Soft Tofu

CHO Kwan Pui, AU Hoi Ching & WONG Naomi Ching Hei  
Chiu Lut Sau Memorial Secondary School

## 3. Amazing Dessert from Seaweed

SO Fiona Hoi Lam & YEUNG Priscilla Wan Yan  
Good Hope School

## 4. Pumpkin Pie Science

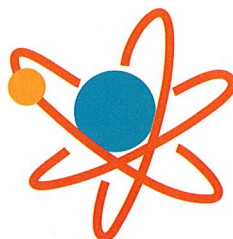
SARAN Sarneet Kaur, MURILLO Michaela Bautista &  
TARIQ Tasphiya Tabassum Preeti  
HKMA David Li Kwok Po College

## 5. Sponge Sponge

CHEUNG Tsz Yuet Natalie, CHAN Pui Hei Karen & CHAN Yau Kwan  
HKUGA College

## 6. Chicken Breast Salad

CHENG Dorothy Tin Lam, LAU Ariel Chi Ying & WU Tiffany Hiu Yan  
Holy Trinity College



## 7. Smiley Balls for Idiots

LEUNG Alison Wing Yee, WONG Wing Tung Tiffany & LIANG Peiying  
Immaculate Heart of Mary College

## 8. Ginger Milk Curd

Zain-ul-abbadin, LEUNG Wan Yi & CHAN Wai Kit  
Shun Tak Fraternal Association Yung Yau College

## 9. Cooking Vegetables in Alkaline Solution

LUI Ho Long Joseph, CHAN Tsz Tung Silvia & WONG Hon To Derek  
Stewards Pooi Kei College

## 10. Vegetarian Cookies

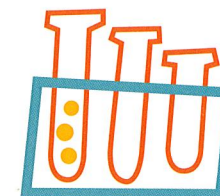
LAM Tsz Yan & LEE Ngai Shan  
Tsuen Wan Public Ho Chuen Yiu Memorial College

## 11. Molecular Gastronomy - Blueberry Caviar

LEE Tsz Ching & CHAN Hiu Tung Yuki  
Tuen Mun Government Secondary School

## 12. Change of Protein Role

TING Ka Chun, WONG Yin Lam & WONG Tsz Lung  
The YWCA Hioe Tjo Yoeng College





## Chef Alvina CHAN

### 陳彥琳小姐

Alvina Cookery



After graduating from Columbia University and Georgetown University, Alvina spent 7 years on Wall Street in New York & Hong Kong. Passionate about her culinary dreams, she attended Le Cordon Bleu Paris and achieved remarkable results, obtaining 1st in French Cuisine with "Mention Bien" (Distinction). Given her positive influence in food culture promoting Healthy Cooking & Respect for Food, she is now the first disciple of Willie Mark, an internationally recognized food critic. Author of two books: "Banquets for the Soul," & "Alone in Paris – Transforming Perspectives in the World's Most Famous Cooking School," She is now also a TV culinary show host for TVB and Creation TV. Alvina's culinary aim is to create simple and healthy recipes such that cooking becomes an expression of love and care to family & friends.

琳琳自15歲開始，便愛烹調各款中西美食給家人、朋友分享。大學畢業後曾在紐約華爾街和香港金融界投資銀行工作長達7年。其後決定遠赴巴黎著名的 Le Cordon Bleu 法國藍帶烹飪學校進修，榮獲Distinction及法國傳統佳餚班第一名。因著積極推動「愛煮·惜食」的飲食文化，琳琳成為了資深食評家唯靈先生首位徒弟。創辦「愛煮」後，積極將中西食譜簡易化，務求更多人能成為「愛煮麗人」透過煮食活出「舌尖上的環保，舌尖上的健康，舌尖上的幸福」生活樂趣！2013年參與香港電台電視部製作《窮富翁大戰》令琳琳親身體驗基層家庭所需。

## Mr. Edmon CHUNG

### 鍾宏安先生

CEO, DotAsia Organisation



Edmon Chung is serving as the CEO for DotAsia Organisation and heads the secretariat for the Asia Pacific Regional Internet Governance Forum (APriGF), and the secretariat for the Asian Film Awards Academy. Edmon serves also on the Executive Committee of Internet Society Hong Kong, which serves as the secretariat for the Asia Pacific Regional At-Large Organisation (APRALO) and participates extensively on Internet governance issues.

Since 2002, Edmon played a leadership role in the region-wide Asia initiative, bringing together an open membership of 29 official country-code top-level domain authorities and regional Internet bodies. DotAsia is a not-for-profit organization with a mandate to promote Internet development and adoption in Asia. Since its launch in 2008, DotAsia has contributed significantly to a variety of community projects in Asia, including for example: OLPC.asia, Go.Asia, ISIF.Asia, NetMission.Asia, MaD.Asia and others.

Edmon is an inventor of patents underlying technologies for internationalized domain names (IDN) and email addresses on the Internet. Edmon has served on many global IDN related committees, including technical and policy groups, that made it

possible for the introduction of multilingual domain names and email addresses on the Internet. Edmon founded Neteka Inc. in partnership with the University of Toronto Innovations Foundation in 1999, and went on to win the Most Innovative Award in the Chinese Canadian Entrepreneurship Award in 2001. In 2000, Edmon was selected by The Globe and Mail as one of the Young Canadian Leaders. Between 2006 and 2010, Edmon served as an elected member on the ICANN GNSO Council. Between 2010 and 2012, Edmon served as an elected member on the ICANN At-Large Advisory Committee (ALAC) from the Asia Pacific Region. Between 2006 and 2011, Edmon served as an elected member of the Elections Committee of the Hong Kong Special Administrative Region in the Information Technology Subsector.

Edmon has a Bachelor of Applied Science and Master of Engineering from the University of Toronto.

Edmon also is a food blogger and a food columnist.

鍾宏安先生現任DotAsia亞洲域名註冊機構的行政總裁。鍾先生亦擔任互聯網界內不同職位，包括亞太區互聯網治理論壇 (APriGF) 秘書長、ICANN 國碼及通用頂級域名理事會多語言域名聯合會 (JIG) 主席等。文化藝術方面，鍾先生現為亞洲電影大獎秘書長。

鍾先生是國際化域名(Internationalized Domain Name)及互聯網電郵地址技術等的發明者並取得多項專利。他在1999年，與多倫多大學創新基金合作，創立了Neteka公司，接著在2001年獲得加拿大華裔企業家選舉的最具創新精神獎。他曾在2000年獲《環球郵報》(The Globe and Mail) 選為加拿大青年領袖之一。在2002年，他開始參與DotAsia創辦的工作，創立首個在亞洲營運的通用頂級域名，並於2006年起，出任行政總裁。

Edmon 畢業於多倫多大學，持有應用科學學士和工程碩士。他也是一名飲食博客和飲食專欄作家。



# Chef Anita LAM

## 林趙素玲女仕

Home Management Centre



Anita has been serving as a Culinary Instructor at the HK Electric Home Management Centre for over fifteen years. She specializes in Chinese cuisine and enjoys electric cooking. She believes that cooking is a bridge between intra- and interpersonal communication, and that everyone can find their own chicken soup for the soul via cooking.

Anita為港燈家政中心家政主任，任職超過十五年，擅長中式烹飪。喜愛無火煮食，喜愛食物的色、香、味、美。她認為烹飪是自我認識及與人交流的好橋樑，只要有心，每個人都可從中找到自己的心靈雞湯。

# Professor Nagendra P. SHAH

School of Biological Sciences, HKU



Nagendra P. Shah is currently a Professor of Food Science and Technology at the University of Hong Kong. Before his arrival to HKU in 2013, he was a Professor at Victoria University, Melbourne, Australia.

Prof. Shah has a long and intensive research history in probiotics, prebiotics and functional foods that has led to a distinguished international reputation in this area. He has published 229 research papers, 27 book chapters, and 205 conference abstracts. Additionally, he has edited 2 books on Dairy Products and Quality Control, and Probiotic and Prebiotic. He has also edited 2 special issues of the International Dairy Journal.

Prof. Shah's work has been internationally recognized and has received several prestigious international awards for his contributions to research including the 1999 American Dairy Science Association Foundation Scholar Award, the 2003 Marschall Rhodia International Dairy Science Award, the 2008 Dairy Industry Association of Australia Loftus Hill award, the 2009 California Dairy Research Foundation William Haines International Dairy Science Award, the 2011 Australian Institute of Food Science and Technology (AIFST) Keith Farrer Award of merit and the 2013 American Dairy Science Association Distinguished Service Award. He is Fellow of the Australian Institute of Food Science and Technology and American Dairy Science Association.





# Mr. Simon WONG, JP

## 黃傑龍太平紳士

Executive Director of LHGroup & Kabushikigaisha Limited



Graduated from The University of New South Wales Australia, Simon is a chartered member of the Institution of Engineers UK and Institution of Engineers Australia. He also holds an MBA degree. He is currently the Executive Director of LHGroup and Kabushikigaisha Limited.

Simon has been recognized as Hong Kong Ten Outstanding Young Person 2011 and is the President of the Institution of Dining Art. He started his public service career 17 years ago, and is now a member of the Minimum Wage Commission, Competition Commission, Business Facilitation Advisory Committee, Liquor Licensing Board and the Chairman of Wong Tai Sin District Fight Crime Committee. Simon was appointed as the Justice of the Peace in 2014.

Participated in the RTHK TV program 'Rich Mate Poor Mate III' in 2013, Simon gained the new insights of poverty and started to promote the 'suspended meal' scheme in Hong Kong.

畢業於澳洲新南威爾士大學，持有工程師資格，並為工商管理碩士。於2007年加入叙福樓集團任執行董事，2008年創辦株式會社，引入牛涮鍋、牛角等品牌。

為2011年十大傑出青年，現任「稻苗學會」會長。積極推動行業的革新、致力提倡環境保育及社會責任。2013年參與電視節目「窮富翁大作戰」後，在其下食肆推出「待用飯」幫助基層，引起社會廣泛迴響及認同。

於2014年獲政府委任為太平紳士。現任公職包括最低工資委員會委員、競爭事務委員會委員、方便營商諮詢委員會委員、酒牌局成員及黃大仙區撲滅罪行委員會主席。

「黃傑龍Simon - 窮富翁 好人好事」FACEBOOK專頁：  
<https://www.facebook.com/poorsimon>



# Chief Barista

## Mr. Leo CHAU

## 周子良先生



香港首位3D拉花咖啡師Leo Chau周子良先生

Leo堅持屬於自己的咖啡藝術，在2012年於Allegretto Viva Espresso擔任首席咖啡師，首創立體貓貓咖啡，為咖啡錦上添花，賦予生命。近年更致力推動咖啡文化，於第十二屆「香港冬日美食節」擔任星級廚房環節表演嘉賓，亦曾接受TVB8、明珠台、Now TV、《星島日報》等等傳媒訪問，更被邀請到德國展示立體咖啡藝術。Leo於2014年創立首間以彩色立體咖啡為主題的Karena Café，它更成為香港旅遊發展局重點推介咖啡店，亦榮獲《新假期》飲食一番專欄將其評為2015年度全港必吃食店之一。

Leo及他的3D咖啡拉花受各大媒體廣泛報導，當中包括《蘋果日報》週末動人的個人專訪，香港電台、商業電台及有線電視人物訪問，以及《雜誌100毛》、《飲食男女》、《新Monday》、《東週刊》、《U Magazine》等等焦點訪問。





## Molecular Gastronomy Cooking Demonstration

# Chef Perry LAU

## 劉滿堂先生

### Shui Yue



As a kid, Perry was immersed in his grandmother's restaurant environment. His love and passion for food and cooking have been deeply ingrained in his heart ever since. He became an apprentice chef in five-starred hotels and Michelin-starred restaurants and learned how a fine dining kitchen should be run. In 2013, chef Perry launched Shui Yue, where he integrates food, science, and art into many gourmet dishes using different molecular cooking techniques. He enjoys exploring different interpretation of food and constantly surprises diners with his innovation.

Perry has participated in many international culinary competitions. He received a bronze award in the Pastry-Practical (Professional)-Fantasy Table category in the Hong Kong International Culinary Classic at the HOFEX 2013. He was awarded a bronze medal in the Meat category at the Singapore FHA Culinary Challenge 2014. He also received a silver and a bronze medal for his main course in Seafood and Beef category at the 16th FHC China International Culinary Arts Competition (Shanghai) in 2014.

Perry因外婆開設酒家的關係，自小已對飲食產生濃厚興趣，其後更在多間五星級酒店及星級米芝蓮餐廳工作，鑽研各種烹飪技巧。

近年Perry將美食、科學、藝術三者更連成一線，及後更利用分子料理的技巧加入到其開設的新派餐廳「水月」令食物的味道和層次有了嶄新演繹的方法，不斷為顧客帶來驚喜。

Perry更參加多項國際烹飪大賽，均屢獲殊榮，如於2013年 HOFEX 「香港國際美食大獎」國際烹飪比賽Pastry-Practical (Professional)-Fantasy Table組別榮獲銅獎、2014年「新加坡FHA廚藝挑戰賽」肉類烹飪組榮獲銅獎、2014年「上海FHC中國國府烹飪藝術比賽」榮獲海鮮烹飪組銀獎及牛肉烹飪組銅獎。

## Diamond Sponsor

Kabushikigaisha Group



## Gold Sponsors (Alphabetical Order)

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Allegretto viva Espresso



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et press



DotAsia Organization



Shui Yue

水

Shui Yuè

月

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Home Management Centre







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### 致知學院

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- 數學、物理、化學、生物、英文、中文及普通話課程



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電話: 3565 6875 / Whatsapp: 5686 2585

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for you by **Dussmann**



## The Art of Roasting & the Passion for Perfection

Allegretto selected the best coffee beans around the world which are harvested by hand and roasted specifically in small 20 kilo batches in a patented Aerotherm© roasting process in Germany. The beans are roasted evenly in the hot air from outside inwards without burning, eliminated the bitter taste of most other coffee beans.

### 烘焙的藝術 加上對完美的熱切追求

Allegretto精選世界各地的優質咖啡豆，全部均由人手採摘，並小批次地將每20公斤的咖啡豆在德國以專利的Aerotherm© 工序加以烘焙，以確保所有咖啡豆均透過熱空氣在不會燒焦的情況之下由外至內均勻地烘焙，以減少如其他咖啡豆的的苦澀味。



### Allegretto Viva Espresso

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尖沙咀廣東道33號中港城平台3座1A舖



FIGHTING FOR  
FOOD EDUCATION  
15 MAY 2015  
#FOODREVOLUTIONDAY

FOOD  
REVOLUTION  
★ DAY ★  
為食起革命



www.go.asia



Food Revolution in Hong Kong

Since 2012, Hong Kong-based charitable initiative Go.Asia ([www.go.asia](http://www.go.asia)) has been bringing the Food Revolution to town and started the Think.Cook.Save. Health and Food Education Program in 2014. Our activities included cooking classes, workshops, recipe-sharing and restaurants' promotions etc. Please visit our webpage for details.

為食起革命－香港

慈善倡議項目Go.Asia 愛心起動於2012年將《為食起革命》帶到香港，並於2014年推出《我.惜.食.健康飲食教育計劃》。烹飪班、工作坊、食譜分享以至餐飲推廣等，都在等待你的參與。



DOT.ASIA  
ORGANISATION



我.惜.食.  
Think.Cook.Save.



## 港燈家政中心

位於香港北角區的港燈家政中心於一九七六年成立，設有各式各樣的課程，務求令你的家居生活更舒適方便，且倍添情趣和品味。佔地一萬平方呎，寬敞舒適，並設有一間時尚烹飪實習室，讓你可親手下廚，連同設備完善的兩間烹飪示範室及三間供舉辦興趣班的講習室，為你提供一站式學習體驗。

假如你喜歡烹飪，可選擇參加港燈家政中心特設的中國南北菜式課程、歐陸或東南亞佳餚美食課程，包括粵式點心、日本壽司、意式麵食、英式餅點等。

此外，港燈家政中心也設有多種興趣班，助你美化家居環境，例如縫紉、編織、插花藝術及麵包花班等。

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