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Workshop to help mothers make food more appealing

MOTHERS are constantly looking for ways to “jazz” up their cooking for their children, and mothers want their children to enjoy nutritious and balanced home-cooked meals, even when they are away from home.

Understanding this, Naturel organised a half-day workshop on “Kids Eat Right with Naturel Bento” at the Bayan Indah Culinary Retreat in Sungai Penchala.



Attentive: Indra sharing nutrition tips and portion sizes for children’s diet.

The session was led by food consultant and founder of Bayan Indah, Rohani Jelani, who has more than 20 years of experience writing recipes for publications and teaching cooking classes.

“Bento-making has become popular with mothers who want to make their home-cooked food more appealing to their children. Working with Naturel, I have designed some creative but simple recipes to provide a solution for mothers to help their children eat right through a healthy and balanced meal. The food prepared using Naturel oils do not lose its taste or texture even when kept refrigerated for a few days. This makes it ideal to help mothers prepare hassle-free bentos.”

According to Indra Balaratnam, a consultant dietitian, “The key to eating right is to practise balance, moderation and variety.”

Indra, who has more than 16 years’ experience in dietary counseling, said that portion size of different food groups was a key point to note in children’s nutrition.



Good advice: Rohani (right) guiding the participants at the workshop.

“An optimum meal serving in terms of variety, nutrition and portion sizes are difficult to achieve on a daily basis. Mothers can look at their children’s nutrition intake over a period of a week or a few days instead of on a daily basis,” she said.

Indra also shared some strategies to overcome picky eating issues such as making it fun, doing it casually, avoiding conflict, starting small and sneaking it in.

She highlighted the well-known challenge that mothers face in getting their children to eat their vegetables and encouraged mothers to try serving different types of vegetables.

Being a mother of a five-year-old and a dietitian adviser to an international school, Indra spoke with experience and insights on issues concerning children’s nutrition and how a mother can be empowered to understand and overcome them.