

Food&Society

FOOD EDUCATION WORKSHOP

GUEST SPEAKERS



Cooking Greens, The Local Way

BIOGRAPHY

Tan Kean Buan is a lecturer at INTI College, Subang Jaya, Malaysia. A chef by training, he joined academic after many years of experience overseas. His interest is in creating awareness about the health risks of dining out and the benefits of enjoying home-cooked meals prepared with local and natural ingredients. His current project investigates the modalities of re-introducing wild and indigenous plants into the every day's cooking of the Malaysian urban population.



Advocate for Ayurveda

BIOGRAPHY

Angeline Arumugam has realized at an early age the poor diet choices have become a major contributing factor to the increasing lifestyle diseases in Malaysia. She aims to reverse this condition by educating people to understand and embrace Ayurveda. Ayurveda is an ancient medical science from India that advocates 'food as medicine' approach. She applies this knowledge to prepare natural supplements for people who are suffering from disorders related to poor eating habits and lifestyle choices.

4 MAY, 2018 (Friday)

475A Điện Biên Phủ Street, Ward 25, Bình Thạnh District, HCMC

For Registration and Enquiry, please contact:
Mr. Eric Olmedo: ericjose.olmedo@gmail.com

WORKSHOP PROGRAM

- 10.00 AM Arrival of guests
Welcome coffee & Exhibition tour
- 10.30 AM Introductory Address by Dr. Eric Olmedo
University of Cergy-Pontoise
“Food Education: Why do we need it, and for what benefit”
- 11.00 AM Talk and Sensorial analysis by Ms Angeline Arumugam
Ayurveda Healthy Foods, Malaysia
“Forgotten wisdom of Ayurveda: Food as Medicine”
- 11.30 AM Culinary demonstration by Chef Tan Kean Buan.
INTI College, Subang Jaya, Malaysia
“Cooking and Revitalizing Indigenous Plants”
- 12.30 PM **Traditional & Healthy Lunch at Pixel restaurant**
- 02.00 PM End of Program.

Fees (all inclusive):

HUTECH students and staff: 400.000 VNĐ
External Guests: 500.000 VNĐ

Friday 4 May 2018
HUTECH campus

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