

COOKING DEMO AND TECHNIQUES FOR AGED CARE.

SATURDAY 8 MAY 2021



Date: Saturday 8 May 2021

Time: 9:00am - 2:00pm

Cost: \$50 per person

Location: William Angliss Institute,
Room E101, enter via Angliss Restaurant,
550 Little Lonsdale Street, Melbourne

This demonstration, delivered by Chef Lisa Haddon, is aimed at chefs currently working in or aiming to work in Aged Care, or Certificate III Commercial Cookery students interested in furthering their studies.

You will be provided with an overview of specific cooking techniques alongside a live cooking demonstration, tailored to meet current food standards in the Aged Care industry. This event will be informative and engaging, and will give you the knowledge to upskill or the opportunity to enter into a growing industry.

What will be covered at the event:

- Planning and evaluation of meals for residents in Aged Care based on the Australian Dietary Guidelines
- How to consult with a dietitian regarding meal planning
- Planning and selection of balanced meals
- Specific cooking techniques and special diets
- Prepare and present meals in a manner that meets nutritional requirements

For further information please contact john.abblitt@angliss.edu.au

**REGISTER BY THURSDAY 7 MAY AT
[ANGLISS.EDU.AU/AGEDCAREDEMO](https://www.angliss.edu.au/agedcaredemo)**