

## Workshops on healthy cooking

### Staff Report

**D**ubai Herbal Treatment Centre (DHTC) has teamed up with Cooking Sense in Dubai Media City to provide a series of health friendly recipes and cooking technique workshops.

### A beginning

Mary Kerich, nutritionist at the Dubai Herbal and Treatment Centre, hopes to change this pattern. “We want to educate people on maintaining their health and preventing disease through healthy eating. It’s amazing how much better you can feel with a good diet, but many people don’t know where to begin.”

Kerich plans the menus for each class in collaboration with the chefs at Cooking Sense, focusing on foods that will be beneficial for particular ailments and age groups. Among the topics included in the workshops are: healthy food for kids — snacks and lunchboxes — high cholesterol, diabetes, homemade baby food and slim food.

### Chinese remedies

Some of the workshops will also feature techniques from Traditional Chinese Medicine (TCM) which can be used in the treatment of various health disorders.

The workshops are timed to fit into busy Dubai lifestyles, with classes at 9am — suitable for stay at home mums and dads — and 6pm for those who would like to attend after work.