

Fuchun Pri pupils learn to make healthy meals

Younger ones try making sandwiches, while older students try cooking chicken rice, fried rice and chicken curry. -ST
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ALL pupils at Fuchun Primary School are taught how to prepare a healthy meal for themselves, through lessons given by parent volunteers under the school's Homeskills Programme.

Primary 1 pupils start with making sandwiches, while pupils from Primary 4 to 6 try their hand at cooking chicken rice, fried rice and chicken curry.

The dishes are made using healthier recipes provided by the parent volunteers.

For example, to make chicken rice, the skin of the chicken is removed, and no oil is added to the rice - one of the ways that parents can help their children lead a healthy lifestyle from a young age.

This topic will be discussed at a seminar organised by the Singapore Heart Foundation and the National Institute of Education.

The seminar, which is part of events lined up to mark National Family Week, will be held this Saturday at Raffles Junior College.

Up to 600 parents and teachers as well as 200 children are expected to attend.