



Nestlé Healthy Kids

In Collaboration with:



MINISTRY OF
EDUCATION
MALAYSIA



Nutrition Society of Malaysia

Nestlé Healthy Kids Programme

Level 3

TOPIC 1: Healthy Food
Preparation Methods

Do students like these foods?



French fries



Fried chicken



Sarawak Laksa



Vegetables with coconut milk
(*santan*)



Food Preparation METHODS

REDUCE



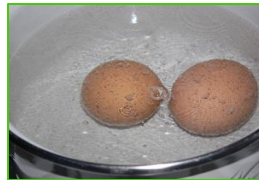
FRYING

with high quantity of oil



Fried Chicken

HEALTHIER COOKING METHODS



1. Boil



Boiled Eggs



2. Roast



Roast Chicken



Food Preparation METHODS

REDUCE



FRYING

with high quantity of oil



French Fries



HEALTHIER COOKING METHODS



3. Steam



Steamed pau



4. Grill



Grilled kebab



Food Preparation METHODS

REDUCE



Cooking with fat

using coconut milk



Vegetables with coconut milk (santan)

HEALTHIER COOKING METHODS



5. Stir Fry



Stir fried vegetables



6. Soup



Noodle soup



Food Preparation METHODS



Boil



Roast



Steam



Grill



Stir Fry



Soup



Importance Of Choosing Healthy Cooking Methods

- Retains the **nutrients** and **flavour** of the foods
- Foods contain less fat and calories



REMEMBER!

- Always choose the healthier methods of preparing food
- Use less oil for fried food



Visit
www.healthykids.org.my



Topic 1: Healthy Food Preparation Methods

