



Abu Dhabi International Book Fair

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Children cook with celebrity chef

A leading Indian TV chef delighted youngsters at yesterday's 'Cooking for Children' display. A specialist in homemade vegetarian food, celebrity chef Vidhu Mittal taught recipes for 'savoury rice flakes' and 'minty lemonade', during two cooking sessions held throughout the morning.

"I was born into a vegetarian family in Uttar Pradesh and have enjoyed cooking from an early age," explained Mittal. "I gained inspiration from my mother's cooking but now I put my own twist on things; she's probably more traditional but I do like to try different things."

Local children visiting from Al Afaq Model School thoroughly enjoyed their experience at the cookery class. "We really had a



great time," said five-year-old pupil Shamma Jamal. "The food was yummy, and I think we will all be making the minty lemonade at home for our families," she added.

According to Mittal, good quality

food is vital for children's health. "It's really important to teach them about healthy eating from a young age. They need good proteins and nutrients and ideally all of these should come from one meal."



Enthusiastic young readers at the Children's Corner.

