



## *Promoting home-cooked healthy food and beverages*

A group of 9 FBF staff and 4 students involved in this fund raising project at Block C, Cafeteria, UTAR Kampar campus on 26 March 2024 from 10am to 5pm.





This project aims to raise funds for UTAR Hospital and at the same time to promote an awareness of the nutrients contained in foods. A healthy diet is essential for good health.

- To raise funds
- To promote healthy well-being and nutritious home-cooked food and beverages which are prepared by UTAR staff

