

FOOD-EMOTION CONNECTION TALK



Objectives:

- Learn a new recipe and cooking technique with new recipe
- Gain insight into the nutritional aspect of the food we eat
- New perspective of how food affect wellbeing and productivity

Takeaways:

- Understanding what and how food choices affect productivity
- Increasement in food choices
- Awareness of relationship with food and eating

Talk conducted by LEON LIM

In 2021, Leon competed in MasterChef Singapore Season 2, where he emerged as the 1st Runner-up. During the competition, Leon showed great interest and flair in championing the local hawker cuisine. Post-MasterChef, Leon has been working in food industry as a Culinary Judge, Cookbook Author, Food Consultant and Culinary Instructor.

Leon is a former MOE School Teacher and has been working as a Chinese Language Tutor for the past 15 years. In addition, he is also a trained emcee and vocalist.

