

ACH Group chef cooking at Tasting Australia

ACH GROUP • ABOUT 2 HOURS AGO

ACH Group chef Katie Otto will demonstrate how to cook dishes for people with dementia as part of Maggie Beer's 'Food in Aged Care' Think Session at Tasting Australia in Adelaide next month.



ACH Group aged care chef, Katie Otto with food identity, Maggie Beer in 2014.

Ms Otto, who won the 'Every Dollar Counts' competition against five other chefs from aged care organisations at the 2014 Tasting Australia event, will join Food Ambassador Peter Morgan-Jones in a session on 'It's All About The Food, Not The Fork'.

Each will present dishes suitable for those with dementia, including Katie's high-energy protein balls.

Ms Otto says ACH Group is a leader in preparing 'moulded' food – texture-modified

food that is both nutritious and delicious.

"These foods are visually appealing and quite simple to prepare, with minimal ingredients," she says. "I am proud of the food we produce and I am looking forward to sharing this knowledge with other chefs, carers and the wider community."

The cooking session is open to the public and will be held on Wednesday 4 May from 2.30pm to 3.15pm at Tasting Australia Town Square, in the northern half of Victoria Square.

The event will also include a panel discussion on 'Creating an Appetite For Life', an intergenerational choir performance, and a cooking challenge between Maggie Beer and the 'nonnas' from PISA Italian Meals & Services.

Ms Otto will continue to share her knowledge as an instructor at TAFE SA Regency and Barossa campuses, where she will present a unit of the new short course 'Enhancing Your Cookery Skills and Nutrition Knowledge in Aged Care' that kicks off in June.

Enrol for the TAFE course [here](#) or read [Tasting Australia's full program](#).

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