

Mövenpick Hotels & Resorts cooks up a World Health Day feast for children.

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On the occasion of World Health Day on 7 April, Mövenpick Hotels & Resorts is offering “Power Bites” cooking classes for children at 11 properties in the Middle East and Asia. “Power Bites” is Mövenpick’s special menu for children, featuring nutritious meals that are presented in a fun, entertaining way. During this exciting cooking class, parents and kids can learn together about how to create delicious, wholesome lunchbox snacks and dishes.

Each class includes at least two easy recipes and in the spirit of Mövenpick’s “Power Bites” menu, having fun with healthy ingredients is also included. Young aproned cooks can just smile and go bananas as food presentations with personality culminate from the experience, after which they can enjoy the fruits of their labour.

Clown pizzas, flavoured organic yoghurt, whole-wheat tortilla snakes, pancakes and sandwiches which take the shape of kitty cats, caterpillars and birds are just some of the fun and creative recipes.

“Healthy food can be loads of fun,” says Peter Drescher, Vice President, Food & Beverage, Middle East and Asia. “By sharing nutritious lunchbox ideas in a fun way, we hope children will associate being healthy and its benefits with enjoyment and positive memories from a young age.”

Hotels that offer the healthy cooking class on 7 April include:

- Mövenpick Hotel & Resort Al Bida’a Kuwait
- Mövenpick Resort & Spa Dead Sea
- Mövenpick Resort & Spa Tala Bay Aqaba
- Mövenpick Resort & Residences Aqaba
- Mövenpick Hotel Jumeirah Lakes Towers
- Mövenpick Hotel Doha
- Mövenpick Hotel West Bay Doha
- Mövenpick Hotel Karachi
- Mövenpick Resort Bangtao Beach Phuket
- Mövenpick Resort Karon Beach Phuket
- Mövenpick Heritage Hotel Sentosa

“Power Bites” menu items for children are available in all Mövenpick Hotels & Resorts across the Middle East and Asia.

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