

Mövenpick to host healthy cooking classes in November to mark World Diabetes Day.

In the run-up to World Diabetes Day on 14 November, Mövenpick Hotels & Resorts is raising awareness about the importance of healthier eating habits.

Dubai (United Arab Emirates), 24 October 2016: In the run-up to World Diabetes Day on 14 November, Mövenpick Hotels & Resorts is raising awareness about the importance of healthier eating habits, better lifestyle choices and early screening. An estimated 415 million people live with diabetes today and according to the International Diabetes Federation, one in ten adults could be affected by 2040.



Across the Middle East and Asia, 21 properties of Mövenpick Hotels & Resorts will host a cooking class in November, where participants will learn to make two Power Bites school lunchbox recipes.

Power Bites is a selection of Mövenpick's exclusive dishes for children that focuses on nutritional ingredients and healthy cooking methods presented in a surprising, fun way. The two new entries have been especially created for this new initiative by blogger mum, Fathima Mansoor of @TableforFiveDubai.

“Mövenpick has a long tradition of offering quality food and beverage and through the years, we've introduced specialist menus like our nutritious Power Bites for children. We've focused our awareness drive on helping to establish healthy eating habits among youngsters and recognise the important part that parents and caretakers play in this respect,” said Andreas Mattmüller, Chief Operating Officer of Mövenpick Hotels & Resorts, Middle East and South Asia.

The classes will take place from 6-15 November 2016 and are open to children and parents. View the full list of participating properties and their associated details [here](#).

For Further Information:

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