



HealthyFood Studio | Frequently Asked Questions (FAQs)

1. What is the HealthyFood Studio benefit?

With the HealthyFood Studio benefit, Discovery Vitality aims to combine excellence in education, research and sustainable health in the field of good nutrition. The HealthyFood Studio hosts classes that teach healthy cooking. Through these classes, we want to educate and inspire you to cook and consume healthy food daily by providing you with the tools to make your time in the kitchen more enjoyable, but also to raise awareness about healthy eating, to fight obesity and improve health.

2. How does the payment work?

Visit www.discovery.co.za > Vitality > Nutrition and weight management > [HealthyFood Studio](#) where you will be able to view all the documentation around HealthyFood Studio and make bookings for available classes.

3. There is no course being held on my preferred date

If the date appears as unavailable it means that we had a great deal of interest in this class and it is fully booked. Please choose an alternative date and time for that course.

4. Why is the evening class more expensive than the daytime class?

The evening classes are marginally more expensive to cover the costs of overtime work of the chefs, kitchen staff and cleaners on duty after hours.

5. The course I booked was cancelled

If a course has been cancelled, there may not have been enough bookings to fill the class. As a result we may have had to cancel this course and will give you the opportunity to make an alternative booking on another date or be refunded your course money.

6. I booked but now I need to cancel

In the event of you cancelling an existing booking, you may elect for someone else to attend in your place; or may elect to reschedule to an alternative date. Should you not prefer the above, you may request a refund, provided that such cancellation is communicated 48 hours in advance of a class commencing.

In the event of a class being booked within 48 hours of commencement, the refund policy will not apply. Please bear this in mind when booking.

7. Why is HealthyFood Studio only offered in Johannesburg?

The Johannesburg HealthyFood Studio is the pilot project. Its success and potential demand in other regions will then allow Discovery Vitality to consider rolling it out in other regions. Keep an eye out for updates on the Discovery website and on Vitality's social media platforms for updates regarding this.

8. Can I earn points for participating in the class?

Points are not awarded for participating in the class. The courses offered at the HealthyFood Studio are based on Vitality's international nutrition guidelines and the expertise of some of the country's top chefs.

9. When will I receive the recipes for the class?

Your booking confirmation email will include all the recipes for the course you are attending so that you can familiarise yourself with the recipes beforehand. You will not need to print out the recipes or course notes for the class as the recipes will be provided on the day.

10. Why is the cost of this course higher than others like it?

We are a premium studio, run by a professional team of qualified chefs from world renowned chefs' academy Prue Leith. The courses we offer at HealthyFood Studio focus mainly on fresh, quality and sustainable products supplied by Woolworths – a leader in

offering the widest range of certified sustainable products in South Africa. We are confident that our prices offer an overall value benefit that will improve the overall health of our clients.

11. Why don't Discovery members get a discount?

Although the HealthyFood Studio is linked to Discovery Vitality, it is not exclusively for Discovery Vitality members. The Studio is therefore a non-linked Discovery product that primarily aims to address the issues of nutrition and health as well as how food is viewed and prepared, targeting the general public.

12. Some of the ingredients you use aren't on the HealthyFood list. Why?

The intention of the HealthyFood Studio is to bring to life the themes of optimal eating which includes variety as well as the principles of limiting refined starches, salt, added sugar, and processed foods, limiting intake of certain fats, and a moderate protein intake with an emphasis on whole plant foods. Even though certain foods which are potentially unhealthy are ingredients in recipes, for example honey and sugar, the principles of moderation are taught through using as little of the ingredient as possible and focus is paid to making small portion sizes look appealing and attractive.

Discovery Vitality and Woolworths, through the HealthyFood Studio, has adopted a strategy which embraces the balance between delicious and healthy foods to teach and empower people with skills to transform whole unprocessed ingredients into everyday appealing, delicious, nutritious meals. Health does not mean having to compromise taste, and through the culinary excellence of Prue Leith, nutrition and flavour can both be a priority.

13. Where is the nutritional component of this course?

The key to health and wellbeing goes beyond focusing on individual nutrients, requiring a lifelong commitment to a healthy lifestyle that includes sustainable and enjoyable eating habits, cooking skills and daily physical activity. We encourage more focus on how to nudge the population into adjusting their current behaviours towards more healthy choices. This is the reason that Discovery Vitality in partnership with Woolworths and Prue Leith are launching the HealthyFood Studio.

14. Why don't you offer banting-friendly courses?

Discovery Vitality supports a balanced, healthy diet that contains options from all food groups. We recommend a diet of vegetables, fruit, moderate quantities of fibre-rich wholegrains, fat free dairy, a variety of protein-rich foods, and certain healthy fats. It's

also important to limit salt, sugar and refined carbohydrate intake and to pay particular attention to the quality and type of foods in your diet.

Healthcare professionals may safely recommend low-carbohydrate, high-fat (banting) eating plans for specific individuals. There are also certain common elements where the low carbohydrate-high fat diet and the Vitality nutrition guidelines align, like limiting refined starches, added sugar and processed foods, plenty vegetables and a moderate protein intake. However, the two areas of nutrition that are currently contentious include the type and quantity of dietary fat and carbohydrates.

Vitality bases its principles on the most current policies and guidelines from local and international bodies, to name a few:

- The World Health Organisation
- Nordic Nutrition Recommendations
- Food-Based Dietary Guidelines for South Africa
- American Dietary Guidelines Scientific Report
- Harvard School of Public Health.

We recognise that there is always new scientific evidence being reviewed and we make sure that our health promotion policies align with the latest local and international guidelines. In some cases new evidence may take time to be translated into policy which ensures sufficient evidence is available to support new, sustainable and safe approaches. We continually engage with various stakeholders, both locally and internationally, to make sure that we are responsible in the message we give our three million members in South Africa.

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