



HEALTHYFOOD  
STUDIO



## HEALTHYFOOD STUDIO FREQUENTLY ASKED QUESTIONS

### 01 | What is the HealthyFood Studio?

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The HealthyFood Studio hosts classes that teach healthy cooking. With the HealthyFood Studio, Discovery Vitality aims to combine excellence in education, research, and sustainable health in the field of good nutrition.

Cooking skills support lifelong healthy eating habits. People who cook from scratch and use whole, minimally processed ingredients tend to have healthier diets and lower disease risk. Through HealthyFood classes, we will educate and inspire you to cook and consume healthy food daily. We'll provide you with the essential skills to make your time in the kitchen more enjoyable and raise awareness about healthy eating to help you fight lifestyle disorders, obesity and improve your health.

### 02 | Where do I get more information on how to book and pay for classes?

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Log in to [www.discovery.co.za](http://www.discovery.co.za), then tap **Vitality > Nutrition and weight management > HealthyFood Studio**. Here, you can view documents with more information about booking and paying for available HealthyFood Studio classes.

### 03 | I can't find classes on my preferred date, so what do I do?

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We're sorry. If a date is unavailable, it means that we had a great deal of interest in this class, and it's fully booked. Please choose a different date and time for that course.

### 04 | The course I booked was cancelled, so what happens now?

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If we cancel a course, it means that there may not have been enough bookings to fill the class, or unavoidable circumstances may have forced us to cancel. When we cancel a course, you can book another date or receive a refund.

### 05 | I booked a class but I need to cancel, so what happens now?

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Before cancelling, you can have someone else attend in your place or reschedule. If you want to cancel, you may request a refund as long as you tell us at least 48 hours before a class start. If you don't give us advance notice of at least 48 hours, you won't qualify for a refund.

### 06 | Why is the HealthyFood Studio only available in Johannesburg?

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While the physical HealthyFood Studio is in Johannesburg, we offer online classes through Zoom. Our digital classes allow you to experience a HealthyFood studio course in the comfort of your own home from anywhere in the world.

### 07 | Can I earn Vitality Health points for attending the class?

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You don't earn Vitality Health points for attending a class. The aim is to get you to enjoy healthy, nutritious and delicious cooking based on international guidelines and the culinary knowledge of South Africa's top chefs.

## 08| When do I receive recipes for the class?

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Your booking confirmation email will include all the recipes for the course you attend so you can familiarise yourself with the recipes beforehand. You will not need to print out the recipes or course notes for the class as we'll give them to you on the day.

- For classes at the studio, you'll receive recipes during the class, and we'll send you another email with all the recipes two to three working days after the class.
- For online classes, your booking confirmation email will include all the recipes for the course.

## 09| Can I earn Vitality Health points for attending the class?

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Although the HealthyFood Studio works together with Vitality Health, it is not exclusively for Vitality Health members. The studio main aim is to address how the public perceives food preparation, healthy eating, and nutrition.

## 10| Why are some ingredients not on the HealthyFood benefit list?

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The HealthyFood Studio intends to bring to life the themes of optimal eating. This form of eating limits certain starches, salt, added sugar, highly processed foods, and saturated fat, and it promotes moderate protein intake with an emphasis on whole plant foods.

Even though certain foods that are potentially unhealthy are ingredients in recipes (for example, honey and sugar), the course teaches moderation to use a potentially unhealthy ingredient only for flavour while still keeping the overall dish healthy.

Vitality Health, through the HealthyFood Studio, embraces balancing delicious and healthy foods to empower people with the skills to transform whole unprocessed ingredients into everyday appealing, delicious, and nutritious meals. Being healthy does not mean having to compromise on taste, as both nutrition and flavour can be priorities, however, we all must practise moderation.

## 11| Why doesn't the HealthyFood Studio offer banting-friendly courses?

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Vitality Health supports a balanced, healthy diet that contains options from all food groups to promote the body's absorption of a wide variety of nutrients. We recommend a diet of plenty of fruit and vegetables, moderate quantities of fibre-rich whole grains, fat-free or low-fat dairy, a variety of healthy protein-rich foods, and healthy fats. It's also important to limit salt, sugar, refined carbohydrates and highly processed foods, and pay particular attention to the quality and type of foods in your diet.

There are certain cases where the low-carbohydrate high-fat diet and the Vitality Health nutrition guidelines are in line. For example, limiting refined starches, added sugar, highly processed foods, and including plenty of vegetables and a moderate protein intake in the diet. However, the two areas of nutrition that are at odds include the type and quantity of dietary fat and carbohydrates.

Vitality Health bases its principles on the most current policies and guidelines from local and international bodies:

- The World Health Organization
- Food-Based Dietary Guidelines for South Africa
- Canadian Dietary Guidelines
- American Dietary Guidelines
- Harvard School of Public Health.

We recognise that there is always new scientific evidence under review, and we make sure that our health-promotion policies are in line with the latest local and international guidelines. In some cases, new evidence may take time to translate into policy, which ensures enough 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 for the message we give our participants.

## 12| Does the HealthyFood Studio have an allergy control programme in place?

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We have made every effort to identify ingredients that may cause allergic reactions. We've trained our employees on food allergies so the proper precautionary measures are in place. We have labelled food items with possible allergens. We can't guarantee that cross-contamination will not take place or that traces of certain allergens don't exist so you can't hold us responsible if these things do happen. Manufacturers of the commercial foods we use may change the ingredients in certain items at any time without notice. Due to this, we advise participants to be aware of the risks.

## 13| Does the HealthyFood Studio have an indemnity process in place?

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When you arrive, you will have to sign an indemnity form. This form tells you, your beneficiaries or any third parties can't hold HealthyFood Studio, Discovery Ltd and Vitality Health legally responsible for any loss, damage, injury, or death under any circumstances. This including protection against negligent acts or omissions or those of its employees, agents, contractors, partners or other people who may be legally responsible. By agreeing to these rules you, your beneficiaries and any third parties limit your right to claim damages from the HealthyFood Studio, Discovery Ltd and Vitality Health.

## 14| Who can attend HealthyFood Studio courses?

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The HealthyFood Studio is available to anyone who's eight years or older. The HealthyFood studio is available to everyone, so you do not have to be a Vitality Health member to book or attend a HealthyFood Studio class.

We also offer special children's cooking courses to kids between the ages of 8 years and 12 years old. A parent or legal guardian (or any adult who has been authorised in writing by the attending child's parent or legal guardian) must supervise the child.

## 15| What are the operating hours of the studio and costs for courses?

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Our operating hours:

<b>Tuesday to Saturday</b>	09:30 to 21:00
<b>Sundays</b>	09:30 to 13:30

Courses start from R200 a person and take place from Tuesday to Sunday.

## 16| What are HealthyFood Studio master classes?

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From time to time, the Discovery Vitality HealthyFood Studio hosts celebrities for special events or master classes. You can send an email to [healthyfoodstudio@discovery.co.za](mailto:healthyfoodstudio@discovery.co.za) for more information about hosting or attending master classes.

## 17| Is the HealthyFood Studio available for hire?

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Yes. You can send an email to [healthyfoodstudio@discovery.co.za](mailto:healthyfoodstudio@discovery.co.za) to get a quote to hire the HealthyFood Studio venue.

## 18| Can the HealthyFood Studio source halaal or kosher food when catering?

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Yes. We can source specially catered halaal or kosher food for individual or group bookings. Contact us and we'll email you three-course meal options. The catered food will be available at an additional fee, above the course fee that you have chosen to attend and inclusive of VAT.

Please note that you will also have to pay a 10% admin fee. Remember to email special dietary requirements to us at least 72 hours before you attend your class.

## 19| Is the HealthyFood Studio available for team-building events?

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Yes. The HealthyFood Studio is available to host team-building events – cook-off challenges amongst teams. The team-build aspect requires each team member having to prepare a component of a meal and then enjoying the food with the team at the end. To find out more about our team-building event options, please send an email to [healthyfoodstudio@discovery.co.za](mailto:healthyfoodstudio@discovery.co.za).

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