



HEALTHYFOOD STUDIO FREQUENTLY ASKED QUESTIONS

01 | What is the HealthyFood Studio?

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 risk of chronic diseases of lifestyle. Through HealthyFood Studio 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.

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

Log in to www.discovery.co.za, then click on **Vitality > Under: More ways to live Vitality > Book a course at the HealthyFood Studio now**. 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?

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?

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?

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?

While the physical HealthyFood Studio is in Johannesburg, we offer online wellness classes for individuals and corporates 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 points for attending the class?

You don't earn Vitality points for attending a class. The aim is to get you to enjoy healthy, nutritious and delicious cooking by combining local and international guidelines for nutrition with the culinary knowledge of the HealthyFood Studio chefs.

Although the HealthyFood Studio works together with Vitality, 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.

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

The selection criteria for food to be included on the HealthyFood Benefit are based on local and internationally accepted dietary guidelines. Our nutrition experts did extensive research to ensure the foods chosen for the HealthyFood benefit align with scientifically proven best practice.

Although not all foods are included on the HealthyFood benefit; this does not mean that they are necessarily unhealthy. They may still have an important role to play in a healthy, balanced diet, depending on one's age, health status and exercise habits. Vitality have advocated the best choice within each food group to qualify for the HealthyFood Benefit, in order to incentivize members to shift their purchasing habits to include more of these foods.

Vitality, 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 and the HealthyFood Studio aims to teach how to create this balance.

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

Vitality supports a balanced, healthy diet that contains options from all food groups to promote optimal health. We recommend a diet of plenty of fruit and vegetables, moderate quantities of fib-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 nutrition guidelines are aligned. 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.

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, such as The World Health Organization and the South African Food-Based Dietary 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.

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

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.

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

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, food allergy reaction, 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. If you have a food allergy, please kindly inform the HealthyFood Studio team at the time of making the booking.

12 | Who can attend HealthyFood Studio courses?

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 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.

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

Our operating hours:

Tuesday to Saturday	10:00 to 21:00
Sundays	10:00 to 13:00

Courses start from R500 per person and take place from Tuesday to Sunday.

14 | What are HealthyFood Studio masterclasses?

From time to time, the HealthyFood Studio hosts top chefs or celebrities for special events or masterclasses. You can send an email to healthyfoodstudio@discovery.co.za or contact us on Instagram ([vitality_healthyfoodstudio](https://www.instagram.com/vitality_healthyfoodstudio)) for more information about hosting or attending master classes.

15 | Is the HealthyFood Studio available for hire?

Yes. You can send an email to healthyfoodstudio@discovery.co.za to get a quote to hire the HealthyFood Studio venue. The HealthyFood studio has dietitian approved meals using fresh and seasonal ingredients for sustainable and delicious eating.

16 | Can the HealthyFood Studio source Halaal or Kosher food when catering?

Yes. We can source specially catered Halaal or Kosher food for individual or group bookings. Contact us and we'll email you 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. Remember to email special dietary requirements to us at least 48 hours before you attend your class.

17 | Is the HealthyFood Studio available for team building?

Yes. The HealthyFood Studio is available to host team-building events – cook-off challenges amongst teams. The team-build aspect requires each team 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.

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