

# 2026 Nutrition Congress

**WORKSHOP** ● Friday, 9 October 2026 | 13h00 – 16h15

## ● Indigenous Foods Tasters with Paired Drinks

- **Organizer/s:** Ms Jandri Barnard, University of KwaZulu-Natal (South Africa)
- **Target Audience:** Dietitians looking for an educational fun-filled foodie afternoon, exploring how to pair indigenous South African foods with different proudly South African drinks
- **Participant Limit:** Minimum – 20 | Maximum - 40

### PROGRAMME CHAIRS & PRESENTERS:

- Ms Jandri Barnard, University of KwaZulu-Natal (South Africa)
- Dr Annette van Onselen, University of South Africa (South Africa)
- Prof Unathi Kolanisi, University of Zululand (South Africa)
- Ms Odette Roux, North-West University (South Africa)

### WORKSHOP SUMMARY:

This is for the dietitian looking for a fun-filled and educational workshop to end off the Nutrition Congress, in the spirit of heritage and using South African foods in a fun and budget-friendly way.

After a presentation and discussion on the benefits of using various indigenous foods as ingredients and ways of incorporating it into your own diet, as well as into the eating plans of your patients.

Indigenous food taster snacks will be given together with drinks pairing complementing the different dishes. While some dishes will be pre-prepared, other dishes will be prepared and demonstrated during the workshop. All recipes discussed will be provided to participants of the workshop.

