



香港資優教育學苑

The Hong Kong Academy for Gifted Education

香港特別行政區政府教育局資助

Subvented by the Education Bureau, the Government of the HKSAR



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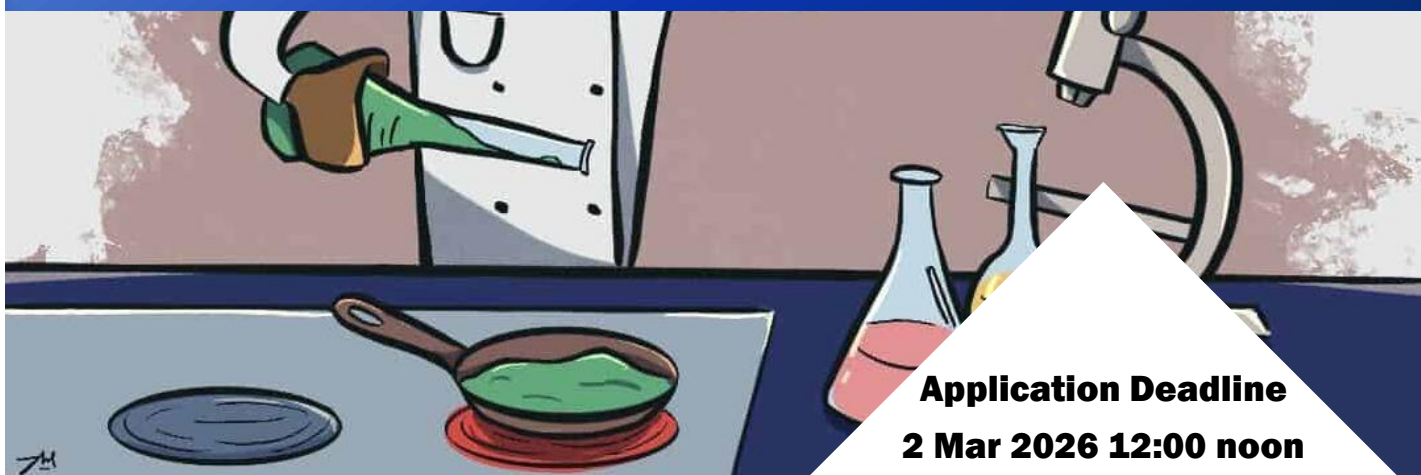
[**Gifted Programme**]

STEAM Workshop (Level II)

Cooking Scientifically – Exploring Food Through Science

Ms CHAN Ching Ki Bertha

Biology and Science Teacher, Le Cordon Bleu Graduates



Application Deadline
2 Mar 2026 12:00 noon

Intended Learning Outcomes

Upon completion of the gifted programme, gifted students should be able to:

1. explain key scientific concepts underlying molecular gastronomy and chemical reactions of French bread making;
2. measure and control scientific variables (temperature, hydration, mixing time, pH, salt content) that influence culinary outcomes;
3. reflect on how science influences food quality, nutrition and daily cooking choices.

Result Release
3 Mar 2026

◆ Gifted Programme Introduction

Why do the same ingredients produce completely different flavours and textures when the proportions or temperature change?

In fact, every act of cooking is a scientific experiment.

This workshop combines molecular gastronomy with French bread making, guiding gifted students to explore the chemistry and physics behind food through cooking.

Gifted students will not only learn “how to cook”, but also understand “why cooking works the way it does”.

This programme is under collaboration with The Chinese Foundation Secondary School.

◆ Schedule

Session	Date	Time	Venue
1	14 March 2026 (Sat)	9:30 a.m. – 12:30 p.m. (Registration: 9:15 a.m.)	The Chinese Foundation Secondary School (Address: 9 Harmony Road, Siu Sai Wan, Chai Wan)

◆ Suitable for

- S1 – S6 HKAGE student members in 2022/23 school year.
- Class size: 15
- Student members would be selected randomly by the computer system. The decision of HKAGE on the result of the selection should be final.

◆ Pre-requisite

No special prerequisites are needed.

The workshop involves the use and consumption of common allergenic foods and ingredients. Student members with food allergies should inform HKAGE in advance so that appropriate arrangements can be made.

◆ Medium of Instruction

Cantonese with Chinese and English handouts

◆ Certificate

E-Certificate will be awarded to participants who have:

- attended ALL sessions; AND
- completed all the assignments with satisfactory performance