

5. Cambodia's report

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Visit to Japanese Hospital (Nerima Hikarigaoka Hospital)

It was such a great experience to be able to visit the Nerima Hikarigaoka Hospital. I received such great hospitality from the staff and Dietitians there. We started the day by listening to the presentation relating to diseases and Nutritional solutions, hence there were also a lot of questioning and answering sessions among all the other members from individual representative countries. As for my impression, I think that the hospital had such an incredible working system in nutrition care. Everything is so well

organized, and every staff member is well aware of their own responsibility. Moreover, we also had a kitchen tour inside the hospital. I would say that the hospital has one of the most functional kitchens that I have been to before. From the equipment to menu planning, everything was done so heartedly. I was mostly impressed by the modern rice cooker that pipes the cooked rice straight up to the meal preparation station. I believe that Japan's dietitian system is a great example for Cambodia to follow. With this type of efficient system, it will be so much better for the development of public health issues.



Fig 1. Modern rice cooker

Visit to elementary school for school lunch (Funabori Elementary School)

My impression of visiting Funabori Elementary School, I can feel that the dietitians there handle the food for every child with love and care. The Dietitian did a great job in planning all the children's meals, varying from normal healthy kids to kids with allergies. Also, to get the children more to international cultures, meals from different countries are also given out to them. Moreover, the kitchen was very nice and clean. Visitors or children can see the cooking from the outside glass, which I believe can deepen and widen our understanding of what school lunch is. I have learned that being a dietitian at school is not an easy job. Many kids that are still growing come to school every day to learn so for us as dietitians, it is our job to make sure that they receive a good amount of nutrients that they need to grow. I want

to also use the Japanese school lunch system to apply in Cambodia. I am concerned that a lot of kids in Cambodia are malnourished due to the lack of a school lunch system.



Fig 2. School lunch meal

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Kick-off meeting of AYDN

For my presentation on the Kick-off meeting day, I was slightly introduced to Cambodian food culture, eating habits, and seasoning ingredients. More importantly, I also talked about the most important Nutrition problem right now in Cambodia which is “Children Malnutrition”. After listening to other countries' repetitive members' presentations, I understand that a lot of countries in Asia have some of the most common Nutrition problems. With this factor,

I believe that working together as a community will help solve some of the problems. Since the number of Cambodian dietitians is comparatively very low, I hope that more Cambodians will be interested in learning and understanding more about Dietetics. Also, I hope that all the country members can still work together as an “ASIAN YOUNG DIETITIANS NETWORK” for a very long time and see each other success as an achievement.