

For Immediate Release
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NEWS RELEASE

Kids sharpen their culinary skills at CapitaLand Hope Foundation Kids' Food Fund Junior Chef Cooking Competition

Competition is part of CapitaLand's Kids' Food Fund programme that supports food-related initiatives; Foundation to donate S\$100,000 towards year-long supply of basic food items for 100 children beneficiaries

Singapore, 5 October 2012 – CapitaLand Limited's (CapitaLand) philanthropic arm, CapitaLand Hope Foundation (CHF) today held its first CHF Kids' Food Fund Junior Chef Cooking Competition (Competition) to celebrate Children's Day. Thirty children beneficiaries from Food from the Heart vied for the Healthy; Creative; Yummy; Budget; and 'Teamy' Junior Chef team prizes, as well as the individual Master Junior Chef title. Divided into 10 teams, each team was led by a CapitaLand Group staff volunteer who guided the Junior Chefs in selecting the right ingredients to plan and design the menu for a balanced diet; and presenting the teams' gastronomic creations in a delightful manner.

After two hours of culinary showdown at ToTT Cooking Studio (ToTT), the Junior Chefs presented their winning creations to the panel of judges comprising Mr Tan Seng Chai, Deputy Chief Corporate Officer of CapitaLand Limited; Ms Tan Bee Leng, General Manager of CapitaLand Hope Foundation; and Chef Vivian Pei. The teams' dishes were assessed based on criteria including nutritional value, creativity, tastiness, how economical the dishes were and teamwork. The child who exhibited the best culinary skill was also presented with the Master Junior Chef prize.

Through the Competition, the children beneficiaries learnt about the importance of nutrition and food safety, and were equipped with simple culinary skills so that they can recreate their delicious and nutritious recipes back at home. The aim of this educational cooking Competition is to encourage these underprivileged children to eat better, grow healthily and have a better headstart in life.

In its third year, the Kids' Food Fund will receive a S\$100,000 donation from CHF to benefit 100 underprivileged children in Singapore through Food from the Heart.

At the end of the exciting Competition, Mr Tan Seng Chai presented a S\$100,000 cheque donation to Mr Anson Quek, Executive Director of Food from the Heart. Under the Kids' Food Fund programme, students from needy families can expect to receive a goodie bag containing rice, cooking oil, canned food and other basic food items from their schools every month. CHF's donation will enable 100 children from Xishan Primary School and

Boon Lay Garden Primary School to benefit from a year's supply of nutritious food starting from October this year.

Mr Tan Seng Chai, Deputy Chief Corporate Officer of CapitaLand Limited, said: "The CapitaLand Hope Foundation Kids' Food Fund Junior Chef Cooking Competition is a fun, creative platform for children to learn about food nutrition. We hope to equip the underprivileged children with simple culinary skills and educate them on how accessible and tasty nutritious food can be. These children will then be more encouraged to eat better, grow healthily and have a better headstart in life. This is in line with CapitaLand Hope Foundation's focus on supporting programmes for the shelter, education and healthcare needs of underprivileged children in Singapore and overseas."

Mr Anson Quek, Executive Director of Food from the Heart, said: "Food from the Heart is, again, privileged to have CapitaLand Hope Foundation as its partner in our Food Goodie Bag programme. We are grateful that CapitaLand Hope Foundation has agreed to continue their support to the 100 children under this programme. With CapitaLand Hope Foundation's continued support, the children can continue to receive their nutritious food supplies. I believe the nutritious food supplies will not only lighten their family's financial burden, but also provide the children with adequate nutrition to help them in schools and grow to their potential."

Ms Vivian Pei, Volunteer Chef from ToTT Cooking Studio, said: "You must eat well to live well and that must be learned from early on. When we teach children how to cook, we teach them not only to feed themselves properly, but also a whole myriad of skills. Attention to detail, patience, organisational skills, multi-tasking, mathematics, chemistry, these are just some of the things than can be learned in the kitchen!"

Ms Sarah Seet, staff volunteer from CapitaLand Group, said: "The CapitaLand Hope Foundation Kids' Food Fund Junior Chef Cooking Competition is a great opportunity to share simple food recipes that young children will find easy enough to prepare on their own. These are recipes which I drew up, and are tried, tested and enjoyed by my own young kids. It is an important skill that kids should have to be able to make nutritious and easy-to-prepare meals, so that they will not succumb to having fast food and junk food for meals. To prepare the kids for the competition so that only minimal supervision would be required, I prepared step-by-step instructions accompanied by photographs as reference for the recipes planned. During the Competition, tasks were distributed based on age groups; more difficult steps which required the use of knives were demonstrated to the children beneficiaries so that they know how to work safely in the kitchen."

More information on the recommended ingredients and judging criteria can be found in the **Annex**.

About CapitaLand Limited

CapitaLand is one of Asia's largest real estate companies. Headquartered and listed in Singapore, the multi-local company's core businesses in real estate, hospitality and real estate financial services are focused in growth cities in Asia Pacific and Europe.

The company's real estate and hospitality portfolio, which includes homes, offices, shopping malls, serviced residences and mixed developments, spans more than 110 cities in over 20 countries. CapitaLand also leverages on its significant asset base, real estate domain knowledge, financial skills and extensive market network to develop real estate financial products and services in Singapore and the region.

The listed entities of the CapitaLand Group include Australand, CapitaMalls Asia, CapitaMall Trust, CapitaCommercial Trust, Ascott Residence Trust, CapitaRetail China Trust, CapitaMalls Malaysia Trust and Quill Capita Trust.

About CapitaLand Hope Foundation

CapitaLand Hope Foundation, CapitaLand's philanthropic arm, was established in 2005 to further CapitaLand's corporate social responsibility commitment to build a better future for underprivileged children. Its focus is to support programmes for the shelter, education and healthcare needs of underprivileged children in Singapore and overseas. Every year, CapitaLand allocates up to 0.5% of its net profit to the Foundation. Please visit <http://www.capitalandhopefoundation.com> for more information about CapitaLand Hope Foundation.

About ToTT

ToTT Store is a 36,000 sq ft kitchen wonderland comprising of a bistro, two cooking studios, a Bake&Go counter, children's play area, fine food store, and retail space that carries exclusive cooking, baking and hosting-related merchandise. The state-of-the-art demo and hands-on cooking studios are perfect for private events in addition to weekly cooking classes.

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Annex

Teams had to choose from a list of recommended ingredients. Chef Vivian Pei of ToTT briefed the teams on how to select the right ingredients from each food group to achieve a balanced diet.

Recommended ingredients

<u>Carbohydrates</u> <ul style="list-style-type: none"> • Steamed brown rice / white rice • Brown rice vermicelli • Potato • Whole wheat / plain flour 	<u>Proteins</u> <ul style="list-style-type: none"> • Tau kwa • Silken tofu • Egg • Boneless chicken breast with skin • Fish fillet (white fish variety) 	<u>Vegetables</u> <ul style="list-style-type: none"> • Onion (yellow & red) • Garlic • Ginger • Spring onion • Coriander • Choy sum • Frozen peas • Cucumber • Red pepper • Carrot • Shitake mushroom
<u>Fruits</u> <ul style="list-style-type: none"> • Apple • Pineapple (fresh, peeled) • Orange / lemon / lime • Banana 	<u>Pantry</u> <ul style="list-style-type: none"> • Baking soda • Baking powder • Soy sauce • Sesame oil • Vinegar • Sea salt & pepper • Butter (unsalted) • Canola oil • Sugar 	

Judging criteria

Team Prize Categories	Judging criteria
Healthy Junior Chef	<ul style="list-style-type: none"> • Dishes are cooked with less fats and oils • Dishes are cooked with a balance of ingredients (i.e. a mix of vegetables, proteins, whole grains, low-fat dairy)
Creative Junior Chef	<ul style="list-style-type: none"> • Ingredients are used creatively • Dishes are prepared with creative cooking methods
Yummy Junior Chef	<ul style="list-style-type: none"> • Dish is tasty • Dish is presented pleasantly
Budget Junior Chef	<ul style="list-style-type: none"> • Ingredients used are economical / value-for-money • Ingredients and resources (e.g. water, gas/electricity) are used in a cost-efficient manner
'Teamy' Junior Chef	<ul style="list-style-type: none"> • Team members are participative and exhibit good team work • Team is orderly

Individual Prize Category	Judging criteria
Master Junior Chef	Awarded to the child who exhibits the best culinary skill