

INVITATION

S.K.R COLLEGE FOR WOMEN, RAJAMAHENDRAVARAM

DEPARTMENT OF ZOOLOGY

FOOD FEST

On

29/08/2018



TIME : 12 P.M ONWARDS

VENUE : ZOOLOGY DEGREE LABORATORY

SKR COLLEGE FOR WOMEN

RAJAMAHENDRAVARAM

DEPARTMENT OF ZOOLOGY BEST PRACTICES 2018-2019

1. Title of the practice: Food fest (29/08/2018).

2. Context: in the recent decades fast paced lifestyle result in change of human beings dietary composition. An unhealthy food habits contribute to a number of health issues including cardiovascular diseases, obesity, diabetes, kidney malfunction, metabolic disorders and many more. The development and maintenance of human health is dependent mainly on nutrition. In this context, the department of Zoology organized food fest to create general awareness on the nutritional and healthier local traditional food on 29/08/2018.

2. Objectives of the practice: The main objective of the practice is

To showcase the diversity of local cuisine.

To promote healthier local traditional dishes.

3. The practice: On the day of food fest an array of recipes -Carrot halva, fruit and vegetables salad, sprouts, kobbari laddu, sweet Pongal, bhadam milk, rice kheer, dry fruit puthalekulu, bobbatlu, tomato rice, jeera rice, lemon rice, curd rice, Gongura pickle, low fat dairy products were set-up in 10 stalls by the students of CBZ &M.Sc (Zoology) under the guidance of faculty members. They explained the importance of carbohydrates, proteins, vitamins, minerals in day to day life.

4. Impact of the practice:-

The food fest has provided hands on experience to the students in preparing nutritious food.

It has created awareness in the students and visitors that a healthy diet rich in fruits vegetables, whole grains and low fat dairy can help to reduce the risk of cardiac disease by maintaining blood pressure and cholesterol levels.

Improve nutrition boosts the immune system, delay the effects of aging, lengthens life span, helps to maintain a healthy body weight.

Our dietary consumption should include nutrient rich and low caloric foods.

Food fest



