

REPORT OF NUTRITION AWARENESS ACTIVITY with Juhu Municipal School



Virtually on Zoom Meeting Platform on
Monday 15th February 2021 at 12 pm

Supported by Vista Processed Foods.



AUTHOR
Ms Anuja Padte,
Food Scientist PFNDAI

Ms.
Shilpa
Joshi
talked on
Adolesce

nt Nutrition. She explained what Adolescent means. She emphasised why nutrition is important during transition between childhood and adulthood. She interacted with students giving them information about the traditional food and modern foods; what the five food groups are and which type of nutrients are obtained by our body on consuming them. She also explained the functions of Nutrients and what the major roles are and from which foods they are obtained. She explained the importance of Green and Red Leafy Vegetables and told what a healthy meal should contain. She also gave some breakfast and snack tips to the students. She also emphasized on how bad is junk food for health and how to make smart food choices and shared some of the modified recipes which will be healthy.

After the talk, there was a question and answer round where Dr Pai and Ms Shilpa Joshi interacted with the students and answered some queries raised by the teachers.

Ms Deepa Raut, Teacher of Juhu Municipal School also expressed her views regarding healthy food choices and she mentioned about

some healthy foods/snacks that they can have in their lunchtime instead of the junk food like vada-pav, Chinese bhel, etc. and how these junk foods can cause illness on regular consumption.

After the Question and answer session was over, Dr J S Pai mentioned a book written by Ms Swechha Soni on Understanding Food and Nutrition and also requested Ms Deepa if they can teach students using the information given in the book.

Ms Swechha Soni told everyone about her book Understanding Food and Nutrition and is written for the students of early secondary school of 7th and 8th standard students as their syllabus contains topics related to Food and Nutrition. She mentioned that the book contains Basic information on Food and Nutrition, what are the daily nutrient requirements and some basic practices that children should adopt in their daily life to maintain a healthy lifestyle. Ms Soni mentioned that the book is written in a very simple language that will help the students to understand themselves by reading it.

Ms Ruby Sound, Registered Dietician also joined the webinar mid-way and expressed that she was happy to be a part of such series of school activities done by PFNDAI.

The session was concluded with a vote of thanks by Ms Swechha to the school, the coordinators and Ms Shilpa Joshi for giving such a wonderful presentation.

Protein Foods and Nutrition Development Association of India with the support of Vista Processed Foods organized a Digital School Nutrition Awareness Program at the Juhu Municipal School. It was organized for the students of 7th and 8th standard. The total number of students who participated was around 45.

The sessions started with Dr Jagadish Pai, Executive Director of PFNDAI welcoming the speaker Ms Shilpa Joshi, staff, and students of the school & briefed the students about PFNDAI and about the nutrition awareness program.

Ms Swechha Soni, Manager Food and Nutrition introduced the speaker Ms Shilpa Joshi, Registered Dietician, National Vice President IDA & Diabetes Educator.






What Has Changed ???

Traditional 5 food groups

Modern (new) 5 food groups

Shilpa Joshi




| | | | | |
|---------------|-------|-------------------|-----------------|------------------|
| Pratap Sen | | | | |
| | | Durgeshwari Dh... | Mariamma | Annu mandal |
| Ruby Sound | | Sumita | Masoom, ibrahim | Ayushman Deve... |
| Mayuri Varose | | | Iqra bicusiya | |
| | Mahak | Manasvi | Bhimashankar | Sathya |



ADOLESCENT NUTRITION

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How to make smart choices ???



Labels: Taking 1000 units



Ms Deepa Raut

Dr Jagadish Pai



Ms Shilpa Joshi

