



Date - 1/4/2024

3. Nutrition Education and Skill-Building

Department of Food Science & Nutrition Initiatives

The Department of Food Science & Nutrition regularly organizes programs designed to empower students with the knowledge and practical skills needed to make healthy, budget-friendly food choices.

National Nutrition Week Activities

During National Nutrition Week each September, the department hosts a series of campus-wide events:

- **Nutri-Expo & Health Camp:**
Stalls showcase affordable superfoods, fortified grains, and low-cost protein sources. Registered dietitians and faculty offer free nutrition screenings and personalized diet consultations.
- **Interactive Quizzes & Debates:**
Teams of students compete in timed quiz challenges covering topics such as micronutrient functions, local affordable food sources, and recipe substitutions to boost nutrient density while minimizing expenses. Debates focus on policy measures for improving food accessibility on campus and in surrounding communities.
- **Healthy Cooking Demonstrations:**
Live kitchen demonstrations teach preparation of nutritious meals—such as vegetable khichdi, whole-grain wraps, and protein-rich lentil stews—using locally available ingredients under a tight budget. Recipe cards include cost breakdowns and shopping tips at campus stores.

Hands-On Therapeutic Diet Workshops

The department conducts semester-long practical workshops aimed at equipping students with the ability to plan and prepare therapeutic diets:

- **Pediatric Nutrition Module:**

Students learn to formulate affordable, nutrient-dense meal plans for infants and young children, emphasizing home-prepared complementary foods and low-cost fortification techniques (e.g., using ground nuts, green leafy powders).

- **Geriatric Diet Planning:**

Sessions cover texture-modified diets and nutrient supplementation strategies to address common deficiencies in older adults, using cost-effective sources of calcium and vitamin D.

- **Clinical Nutrition Practicum:**

Under faculty supervision, teams design meal plans for patients with chronic conditions—such as diabetes, hypertension, and anemia—prioritizing affordable food options like millets, seasonal vegetables, and legumes. Students calculate macronutrient proportions and serve sample meals in campus clinics for real-time feedback.

- **Community Outreach Cooking Camps:**

Mobile cooking labs visit local schools and villages, where students demonstrate low-cost recipes and distribute illustrated recipe booklets. Emphasis is placed on using kitchen garden produce, promoting self-sufficiency and sustainable pantry practices.

All programs integrate cost analysis, shopping strategies at campus stores, and seasonal budgeting tips to ensure that healthy diets remain affordable for every member of the campus community.