

**the  
12<sup>th</sup> August 2023**

### **Nutritional Demonstration Program**

News Type: **General News**

Department: **Community Health Nursing**

A nutritional demonstration program was done in Ganpathihalli from 12<sup>th</sup> of September to 14th August 2023 collaborating with department of Community Health Nursing Mrs. Tejeshwari B.V HOD & Professor of Community Health Nursing RRCN Bangalore.

This program was conducted to provide education information on nutritional value of the foods, food quality and safety, methods of preservation, processing and handling, food preparation and eating to help them make the best choice of foods for an adequate diet. There were around 18 groups 91 individuals who performed that demonstration; there were 118 varieties of dishes prepared by the students.

According to the age group, we prepared all the nutritious food which is helpful for their growth and development. As for children different varieties of fruit kabab was made, for youngsters egg curry and proper meal was made, and for geriatric age lentils and rice with chutney was made.

Community members were happy to join with all of us. They were able to understand and study about the nutritional value of food available around them. The program ended by thanking the community people for the great co-operation.