

NUTRITIONAL DEMONSTRATION PROGRAMME

A nutritional demonstration program was done in Kethohalli from 22nd April to 27th April 2024 collaborating with department of Community Health Nursing along with 4th year B.Sc (N) students. 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 5 groups who performed the demonstration; there were many 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. 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.