

LOCATION BHALEWADI ASHRAMSHALA

Organised ,Supervised and Sessions Conducted by

1. Dr Ratnaraje Thar (Director & Project Coordinator)
2. Ms Noella Dias (Secretary, Nirmala Niketan College of Home Science)
3. Mr. Tejas Dhamane (Field Officer)
4. Tasneem, Ranjana and Simran [Assistant Professors, Experts from Foods, Nutrition and Dietetics Department Nirmala Niketan College of Home Science

कर्जत मधील आश्रमशाळा मध्ये B.M.I तपासणी.नुट्रेशन सेशन. मयकरोग्रिन लागवड



Day 1,

ACTIVITIES

Ice Breaker Session

The activity of a ball being thrown to a student and they had to introduce themselves and their future career aspirations. This activity helped in creating a relaxed and interactive environment with the students.



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Food Hygiene Session

In this session, we introduced the topic 'Food Hygiene' to the students and spoke about its significance. A demonstration on how to properly wash our hands was given where we informed them about the 20 seconds hand scrubbing rule which ensures maximum effectiveness. Similarly, we enlightened them on the importance of washing the food prior to its usage. The significance of cleaning the kitchen counter top and washing the utensils before and after cooking was also discussed as they are the ideal location for the growth of harmful microorganisms. Likewise, checking the expiry date before consuming any product is equally important, it makes us aware whether the food is safe and suitable for consumption. Lastly, we cautioned them about how important it is to store food in the refrigerator, to segregate the raw food and the cooked food and to seal and cover the containers at all times to preserve the quality and nutritional value of the food.





Pickle and Lemonade making session

In this session, the students were introduced to food processing and how to reduce wastage of food. To depict this we demonstrated how to make lemonade and then with the remaining peels of the lemons how we can make lemon pickle in order to avoid food wastage. For this session teachers provided us the LPG cylinder with a stove. We also gave an insight of the benefits of food wastage and the correct way to preserve it to avoid spoilage. We also talked about the ways to increase the shelf life of the pickle.

Microgreens Session

The students were given a brief about nutrition, macronutrients and micronutrients; and how microgreens are rich in nutrients and proceeded to show them how it's sprouted, sowed and grown. We even discussed the different kinds of containers that can be used to grow such microgreens or they could be sowed directly in the ground too. We appointed one child per container to look after it and water it till it can be harvested on the 23rd

Day 2

23rd February 2023

Nutrition Label

First we asked some questions to the students related to food label because we wanted to know the knowledge they have. They knew about the expiry date and the vegetarian and non vegetarian logo. We gave them a brief idea about the food label. In that we taught them about nutritional information, logo, dates (manufacturing and expiry), net weight with the example of food packet. We also gave an insight of the importance of food labels and how it is going to help in future.

Microgreens Harvesting and Washing

The microgreens that were sowed on 16th, were now ready to be harvested. We showed them the proper techniques to cut the leaves and how far above the mud it should be cut. We also showed them how to properly wash it to remove debris, mud and dust. We also showed them how to clean market bought methi, the cutting and washing of it. Then we proceeded to give them examples of what dishes it could be used and gave a demonstration of one recipe

Aloo Methi Recipe

We made aloo methi with the harvested methi and demonstrated the procedure for the students. The ingredients used in the recipe were:

Boiled potatoes- 100g

Methi leaves- 25g

Oil- 8ml

Chili garlic paste- 5g

Turmeric and salt to taste

Lemon- 1 small

Procedure:

Heat oil in a pan. Cook the boiled potatoes in the oil for 2 minutes. Add salt and turmeric. Stir for a while then add chili garlic paste and again stir for some time till the smell of chili garlic paste goes away. Remove it in a bowl and add lemon juice to enhance the taste. Serve it hot with chapati.

The students thoroughly enjoyed watching us cook and were very intrigued to know each step. They actively participated throughout and were happy to see the results.

After the microgreens and nutritional label sessions we collectively gave an overview of both the sessions and then asked the students to state one new

learning of today's from microgreens or nutritional labels. Mostly the responses consisted of them learning aloo methi bhaji recipe, food hygiene with respect to cutting and washing of the methi and how to read the label etc. We also asked them about the different recipes they can make with methi and majority of responses were parathas, bhaji, laddoos, bhajiya etc.

RAPPORT BUILDING

We then distributed chocolates and chips to all the students present for the session, advised on how to take further care of the microgreens and ended our session on a happy note.

This link contains all photographs with location of the rural visit

<https://drive.google.com/drive/folders/11qMDPu1TfQeos0ZcGQnNmZNGMuYGfNK1>



A handwritten signature in black ink, appearing to read "K. K. Kulkarni".

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