

The College of Home Science students conducted the activity आश्रमशाळा मध्ये B.M.I तपासणी.नुट्रेशन सेशन. मयकरोग्रिन लागवड

ICE BREAKER ACTIVITY

The ice breaking session was to try to involve all the students to open up and interact with us.



ANTHROPOMETRY

Volunteers were taking anthropometric measurements of the students

MICRO GREEN PLANTATION

The 20 children whose names were approved by school authorities about microgreens were made to watch a PowerPoint presentation about micro greens in which we also included different nutrients and their sources.

The children were shown a demo on how to plant micro greens and asked them to follow it.

We taught the children about how to use microgreens, where to grow them, and how to take care of their respective plants till we meet again on the 23rd of February.



HEALTH AND HYGIENE

The students were also taught about the health and hygiene they should take care of while dealing with foods. They were given live examples of how to know if the product is expired or not.



RECIPE

LEMON PICKLE

LEMON SQUASH

The students were demonstrated the preservative and recipes to those selected 20 students the cooking of lemon Pickle and the Lemon Squash.

Were told them the importance of preservatives like oil, salt and sugar in the respective recipes. Also told them to keep the Lemons pickle with them at school and we will taste it on the next time

