

QUEEN MARY'S COLLEGE (AUTONOMOUS)

DEPARTMENT OF HOME SCIENCE

**REPORT ON NUTRITION EDUCATION GIVEN TO QUEEN MARY'S COLLEGE
HOSTEL STUDENTS**

(13/10/22)





PHOTOS DEPICTING THE STUDENTS INVOLVED IN VARIOUS ACTIVITIES OF NUTRITION EDUCATION PROGRAMME

Nutrition education is an important element in the overall strategy that aims to prevent malnutrition and improve eating habits of adolescent girls. On the basis of this, an extension activity was planned for hostel students of Queen Mary's College on Adolescent Nutrition.

The programme was planned and organized by Dr. K. Kasthuri, Associate Professor and Mrs. S. Prasanna Devi, Guest Faculty, Department of Home Science, Queen Mary's College, Chennai along with II M. Sc Home Science - Foods and Nutrition and II M. Sc Home Science - Food Service Management & Dietetics students.

The Nutrition Education programme was held on 13/10/22 at Queen Mary's College Hostel premises. To begin with, the importance of adolescent nutrition and problems in adolescent nutrition such as anemia, eating disorders namely anorexia nervosa and bulimia nervosa were clearly explained citing causes, complications and methods of prevention by II PG students Anusri and Nidha Fathima using power point presentation. Further Swetha and Likitha (II PG) highlighted healthy eating habits and the adverse effects of improper dieting and skipping meals particularly breakfast.

To drive home the importance of having breakfast regularly, students presented a Debate on the theme "People who think eating breakfast is mandatory versus People who think skipping breakfast is not a big deal". The II PG students divided themselves into two groups and each group presented their arguments in a fitting and interesting manner in accordance to the side they represented. After each group presented their arguments, the final judgement was made by the audience (Hostel students) who unanimously decided that "Eating Breakfast was Mandatory". Next a Quiz was conducted to assess the level of awareness on nutritious and healthy food choices among the hostel students. It was interesting to note that the level of awareness on healthy food choices was reasonably good among the hostel students as they gave the right answers to most of the quiz questions. Finally the programme ended with a tamil song which focused on the positive effects of consuming wholesome nourishing foods. The lyrics for the song was written by Dr. K. Kasthuri, Associate Professor, Department of Home Science, Queen Mary's College, Chennai. At the end of the programme the hostellers were asked to go round and take a look at the charts displayed by the II PG students on the various nutrient rich foods especially foods rich in iron, protein, calcium, vitamin C and B complex along with nutritious recipes incorporating them.

The hostel students were appreciative about the Nutrition Education Programme conducted and gave a resounding positive feedback. Finally Vote of thanks was delivered by Samiksha, II M. Sc Home Science – Food Service Management & Dietetics.