

WORLD FOOD DAY CELEBRATION REPORT

2021-22

“Our Actions are our future” Better Production, Better Nutrition for Better Life”

Name of the Guest: DR. Savita Rani (Asst. Prof. Dept. Of Food Science,

Sharada University, Noida)

President: Dr. K.G. Kanade (Principal)

In the Presence: Prof. V. S. Kumavat (Co- Ordinator)

Prof. Suse S. N. (Head of Dept.)

Prof. Patil K. W.

Topic: Immunity Boosting Food

The theme of this year is “Our Actions are our future” Better Production, Better Nutrition for Better Life”

World Food Day is an international day celebrated every year around the world on 16 October in honor of the date of the founding of the Food and Agriculture Organization of the United Nations in 1945. The students of Annasaheb Awate College, Department of B. Voc. s(Food Processing and Quality management) virtually celebrated World Food Day in their own creative manner.

The students were motivated not to waste food as wasted food means wastage of money and efforts which is never good for anyone. It is important to eat a variety of fresh fruits and vegetables that are loaded with significant nutritional value and health benefits.

The teachers encouraged them to adopt healthy eating habits as eating well is fundamental to good health and well-being. Healthy eating helps us to maintain a healthy weight and reduces the risk of many diseases. Tiny tots learnt the value of good nutrition as it is an important part of leading a healthy lifestyle combined with physical activities.

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