

A Report on Food & Nutrition Event held on March 25,2022

Name of the Event: Food & Nutrition

Date of Event: March 25,2022

Location of Event: Online

Number of persons attended: 60

Speaker Name: K.Gajalakshmi, Asst. Manager Activation & Sampling – South Branch

Organized Club: Innovative club, CMR Technical Campus

Google meet ID: <https://meet.google.com/uzc-fhjr-vpv>

The event "Food and Nutrition" organised by Innovative club CMR Technical Campus conducted in virtual mode on 25th March 2022 in the presence of Director Dr A.Rajireddy ,Head of Department(ECE),Prof. G.Srikanth and teaching staff across all branches. The event was led and executed successfully under the guidance of Associate Prof. T. SaiKumar. This event organised with the objective to provide Nutrition for the students to maintain healthy diet. The event was successful enough to attended by more than a 60 students.

The team of Innovative Club feels proud to organize such a successful event convey thanks to Director and management for their timely advice.



Nestlé

**Partners with CMR Technical Campus Engineering
College, Hyderabad for Digital Engagement**



INNOVATIVE Club
THINK IMPLEMENT SUCCEED



CMR
TECHNICAL CAMPUS
EXPLORE TO INVENT



**Gaja Lakshmi
Nutritionist**

**Virtual Session with our
Nutrition Expert**

**Date : 25th March, 2022
Time : 6 PM Onwards
Medium : Google Meeting**

ABOUT THE SPEAKER:

Name : K.Gajalakshmi.

Desig : Asst. Manager Activation & Sampling – South Branch

Have Completed 24 years in Nestlé, She has Experienced many exciting moments and great memories of my work with my various stake Holders across South.

She is privileged to be chosen by Nestlé to play the role of Regional Home Economist initially. Wherein she was responsible to train and develop People to perform various Activations in the Field.

She has been given many Responsible Functions in Nestle. One being conducting Direct Consumer Contact with Homemakers and College Students wherein we Talk about the Nestle Products and also Highlighted the Nutritional Benefits.

In this role of Activations and Sampling had the opportunity to sample and met more than 5 million Consumers.

She has gained yet more knowledge on Culinary Arts, Corporate cultures, professionalism, and the sense of humility, care and warmth by Nestlé Family, has made me PROUD TO BE NESTLE.

The screenshot shows a Google Meet interface with a presentation slide. The slide is titled "Free radical attack" and "Food rich in Antioxidants". It features a diagram on the left showing "OXIDATIVE STRESS" with a flow from a tomato to a browned tomato, and "FREE RADICAL" and "ANTIOXIDANTS" spheres. A list of antioxidants is provided in the center, and a basket of fresh produce is on the right.

Free radical attack

OXIDATIVE STRESS

Tomato → Oxidized Tomato

Free Radical + Antioxidant → Stable Molecule

Food rich in Antioxidants

- ✓ Beta-carotene (precursor of vitamin A) – fruits and vegetables
- ✓ Vitamin C – fruits and vegetables
- ✓ Vitamin E – wheat germ and vegetable oils
- ✓ Selenium and copper - nuts, cereals, meat, fish, and eggs
- ✓ Herbs – green tea, curry leaves, Tulsi.
- ✓ Also as additives to foods (BHA, BHT)
- ✓ Beverages – Wine, Coffee, Cocoa

18:46 | uzc-fhjr-vpv

Meet - uzc-fhjr-vpv

meet.google.com/uzc-fhjr-vpv?pli=1&authuser=1

Satish Vakapatia is presenting

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat should come from each food group.

Check the label on packaged foods. Use the traffic light system to help you choose foods lower in fat, salt and sugars.

Choose a variety of protein sources. Choose unsaturated oils and use in small amounts.

Choose whole grains. Choose lean meats, fish and other proteins. Choose low fat and low sugar options.

Choose unsaturated oils and use in small amounts.

18:50 | uzc-fhjr-vpv

Meet - uzc-fhjr-vpv

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Satish Vakapatia is presenting

Free radical attack

OXIDATIVE STRESS

Free Radical

Food rich in Antioxidants

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Report

A.Vamshidhar Reddy,

Asst. Prof.,

Innovative club Incharge

ECE Dept., CMRTC

Meet - uzc-fhjr-vpv

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Satish Vakapatia is presenting

YOUR IDEAL PLATE!

Make the right food choices with Nestlé

Know your Portions

A portion is the amount of food or beverage that you choose to eat at one time.

Right Portions for a Balanced Daily Diet

| | | | | | | |
|---|-----------------------------------|-----------------------------------|--|---|---|-------------------------------|
| Cereals / Millets 3-4 servings (50g*) | Fruits 1-2 servings (100g*) | Veggie 3-4 servings (100g*) | Milk / milk products 2-3 servings (100g*) | Pulses (30g*) or Meat / egg (50g*) 1-2 servings | Sugars / Soy / oils 4-5 servings (5g*) | Choose Water 10-12 glasses |
|---|-----------------------------------|-----------------------------------|--|---|---|-------------------------------|

Portion Guidance™
Nestlé encourages responsible nutrition, moderation and variety in food habits. We provide Portion Guidance™ on all our packaging to help you make informed food choices.

*There are approximate quantities, for your reference. Consult a dietitian for more details.
National Institute of Nutrition, 2011

meet.google.com is sharing your screen. Stop sharing

18:56 | uzc-fhjr-vpv

gajalakshmi kes...

Chandrakala K

A Vamshidhar r...

Satish Vakapatia

4A4 Neeraj ku...

4B9 Sonali

19-4As Srinath

498 MOHAMME...

Naveen.T

5J2_SUMEDHA ...

43 others

You

Meet - uzc-fhjr-vpv

meet.google.com/uzc-fhjr-vpv?pli=1&authuser=1

Satish Vakapatia is presenting

General Dietary Guidelines for Indians

- Always read food labels (given on packs).
- Go for small & frequent meals – 3 main meals & 2 snacks.
- Eat complex carbohydrates, fiber rich diets & combination of whole grains, grams and greens.
- Use & eat a variety of nutrient-rich foods. Ensure 5 serves a day of colorful fruits & vegetables.
- Choose low-fat, protein-rich foods such as lean meat, fish, pulses, egg white and low-fat milk.
- Use fats and oils in moderation.
- Avoid trans-fatty rich foods (Vanaspati, bakery products and sweets).
- Limit consumption of sugar and unhealthy processed foods which provide only (empty) calories. Prefer fortified processed foods.
- Keep yourself hydrated, drink 10 to 12 glasses

18:52 | uzc-fhjr-vpv

gajalakshmi kes...

Chandrakala K

A Vamshidhar r...

Satish Vakapatia

4A4 Neeraj ku...

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40 others

You