



## National Nutrition Week Activities

1st - 7th September 2021 is the National Nutrition Week. The theme for 2021 is 'Eat Smart from Start'.

We at Desh Apnayan got pondering over the last year and thought about all the changes that had seeped in into the way we eat. Yes, it is about staying healthy by consuming nutritive food. Then we saw that the people were losing their jobs, their income, and had to do with whatever they could afford. Both nutrition and sustaining it with whatever was available, avoiding wastage, and yet staying fit and healthy, became the norm.

Zero Wastage Food and Sustainability are now the keywords when it comes to Nutrition, which are Desh Apnayan's focus areas for National Nutrition Week.

We encourage you to share your thoughts in two different ways:

- 1. A short note on 'Zero Waste - The New Sustainable Mantra'. This is for the students who love to write, and to encourage their critical thinking skill.**
- 2. Share a video recipe of your favourite 'Zero Waste Recipe'. This is for the ones who love a hands-on experience and explore their creative side.**

### Activity 1 - Zero Waste Sustainability Mantra

- Reflect upon the last three years
- Think about your eating habits
- Note down the changes in these habits
- Think if you have made a conscious change in your eating habits
- What are the changes that you have made?
- Why did you make these changes?
- What would you advise your family and friends on Zero Waste Eating?
- Write a note or an essay covering the above points in not more than 300 words and share it with us.

### Evaluation Parameters

- The change in the habits
- Zero waste eating ideas
- Increase in the nutritional value due to the change made

### Activity 2 - Zero Waste Recipe

- Think of a recipe that uses every part of every ingredient
- Think about the recipe's nutritional value
- Once you decide it is nutritious, create a video of you making the recipe
- You can even make a recipe that needs no fire



## Here are some instructions for you:

- A video recording of the preparation of the recipe reduced to under 3 minutes.
- Your face must be visible in the video, and you have to introduce yourself by telling your name, city, and your school's name.
- You should also submit 2 photographs. One of your finished dish, One of you holding the dish.

## Instructions for recording videos

- All safety precautions should be taken while shooting the video in a clean kitchen
- Ensure that there is enough light
- Shoot the video in a landscape mode, holding the phone horizontally
- Do not shoot on a selfie mode, use the rear-view camera for shooting the video
- Ask a friend or a family member to do the video shooting
- Use oven mittens/gloves to keep your hands safe from heat
- The video should not be longer than 3 minutes
- The video should not miss relevant steps
- Share a well edited video
- Videos longer than 3 minutes will not be eligible

## Instructions for Submitting the Recipe

Submit a detailed recipe along with the ingredients and method in the prescribed format. The Recipe Sheet is provided below.:

### Recipe Sheet

\*Remarks: only use kg, gm, L, ml, teaspoon, and tablespoon for measurement

**Name of Participant:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**School's Name:** \_\_\_\_\_

**Name of Recipe:** \_\_\_\_\_

**No. of Portions Served:** \_\_\_\_\_

S.No.	Ingredients	Unit of Measure	Quantity

