

**S.R.R. & C.V.R. GOVT. DEGREE COLLEGE (A)**

**Department of Food Technology**

**CELEBRATE A WORLD OF FLAVORS**

**Date: 22/09/2022**

**Students Participated: I FMB**

As a part of **National Nutrition Month**, the department of Food Technology educated the public on the importance of a Nutrient-rich diet. This month is a reminder to take the necessary steps for a nutritious meal and healthy eating habits. The theme for this year is 'Celebrate a World of Flavors' which encourages people to have a healthy lifestyle while enjoying the flavours of food.

A nutritious diet holds the key to one's health. In the current stressful world, where a sedentary lifestyle is causing health ailments in young people, it is increasingly important to focus on the right food, which gives us adequate nutrition.



**Students taking part in educating the public**