



ST. XAVIER'S COLLEGE, MAPUSA GOA

Department of Microbiology

Under the DBT Star College Scheme

Organizes

Hands-on Activity Commemorating National Nutrition Week

Share your Rainbow Plate- Discover the Power of Colorful Eating

Date: 4th September 2024

Report of Activity

Name of Activity	Share your Rainbow Plate - Discover the Power of Colorful Eating: Hands-on Activity commemorating National Nutrition Week
Date/ Duration	4 th September 2024
Venue	St. Xavier's College
Name of organizing Department/Cell	Department of Microbiology
In collaboration with	In collaboration with DBT
Name/s of Co ordinator	Ms. Arina Frank
Stratum of Event	College
Name & details of Resource Person/s if any	Ms. Arina Frank Dr. Sheryanne Velho Pereira Mr. Kamlesh Korgaonkar
Report	<p>Objectives: To incorporate a spectrum of colors into your meals, and ensure that your body gets a diverse range of essential vitamins, minerals, and other nutrients.</p> <p>Brief description: Students had to bring different colored fruits and/or vegetables, peel, chop, or slice as needed, arrange creatively, share and enjoy. They had to discuss the importance of dietary antioxidants</p> <p>Outcomes: By creating their own Rainbow Plates, students demonstrated creativity in food presentation, and appreciated the role of dietary diversity in overall health. The activity fostered a practical understanding of how simple choices in diet can impact well-being, reinforcing that a balanced, colorful diet maintains a healthy lifestyle. The sharing component encouraged camaraderie, and motivated students to spread awareness about healthy eating practices to their peers and families.</p> <p>Number of beneficiaries: 55 students of the SYBSc (Major) course in Microbiology</p>

Photographs

