



# ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University | Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act  
A FRANSALIAN INSTITUTE OF HIGHER LEARNING

## IMPORTANCE OF HEALTHY FOOD

Date: 05.02.2020

Venue: College Auditorium

Conducted By: Mahesh Health Care

Attended By: Staff Members & Students.

Organised By: Dept Of Computer Science&Health Club, St. Francis de Sales College, Electronic city, Bengaluru

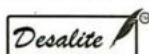
The Health Club of St. Francis de Sales College, Bengaluru, functions to cater to the needs of the health requirements of the college and tries to provide required support for the staff as well as students. The Health Club organizes various programs to orient and create awareness on the health issues and safety issues for the staff and students.

As a part of the club, it has organized a session on Healthy Food which was conducted by a team of Doctors from Mahesh Health Care Hospital. The session started with the members from the hospital introducing them and their hospital. They then asked the audience, what the kinds of food they eat are. Based on the answers from audience they gave the overview what is meant by nutritional label.

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Undernutrition, vitamin and mineral deficiencies, obesity and diet-related chronic diseases side by side in many countries. Whether food supplies are scarce or abundant, it is essential that people know how best to make use of their resources to ensure nutritional well-being. To be adequately nourished, individuals need to have access to sufficient and good quality food and they need an understanding of what constitutes a good diet for health as well as the skills and motivation to make food choices. The Nutrition Education and Consumer Awareness group gives technical assistance to FAO member countries to develop policies and programs that foster public understanding of diets that promote health and raise levels of nutrition.

Once the explanation was over they started to evaluate the eating habits of the audience. The evaluation showed that most of them are having unhealthy food. They then showed few videos of what healthy food is and what unhealthy food is. They also educated the audience on how to have food and in what amounts food should be consumed. They also spoke on what kind of problem arises if we are leading an unhealthy lifestyle. The program ended with giving away pamphlets on healthy and unhealthy food. The audience found the session informative.

The program gave the a more importance of good healthy foods It is important to get plenty of calcium, in combination with magnesium and vitamin D, to support your bone health. Eat food high in iron and zinc like red meat, liver, eggs, green leafy veggies, and dried fruits. Boost your calcium intake by including calcium rich foods such as milk, yoghurt, cheese and green leafy vegetables. Avoid trans fats, deep fried foods, and sugar.

The college encourages Health Club to come up with various activities to orient and create awareness on the health issues and safety issues for students and staff.

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Use of nutritional labels in choosing food is associated with healthier eating habits including lower fat intake. Current public health efforts are focusing on the revamping of nutritional labels to make them easier to read and use for the consumer.