

**AWARENESS PROGRAM ON NUTRITION &  
HEALTHY EATING HABITS  
ORGANISED BY:- NSS SOEE**

**DATE:- 10<sup>TH</sup> SEPTEMBER 2019(3 HOURS)**

**“Healthy doesn’t mean starving yourself ever. Healthy means eating the right food in the right amount”**



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.



Under nutrition, vitamin and mineral deficiencies, obesity and diet-related chronic diseases exist 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 good food choices, so to aware about the Nutrition and healthy eating habits to people of Padmakeshripur NSS SOEE Volunteers visited rural pockets on 10<sup>th</sup> September 2019 to aware adolescent children about nutrition and healthy eating habits.



A rally was conducted by the volunteers which included various placards and slogans propagating various ways to avoid malnutrition. A thoughtful skit was enacted, which emphasized on healthy eating habits and how to get rid of malnutrition.



The volunteers then visited every doorsteps in small teams, explaining the need of physical activity, wholesome diet, obesity control and impact of packaged food on their health.

