

Department: Department of Nutrition and Dietetics (PG Food Science and Nutrition)

Activity: Consultancy (School Nutrition Education Program)

Date: October, 2020 to July, 2021

Title of the Activity: My Breakfast - An Eat Right School Initiative

Industry Collaboration: PepsiCo India Holdings Pvt Ltd

Brief Report:

The Department of Nutrition and Dietetics, Mount Carmel College Autonomous, Bengaluru in partnership with PepsiCo India Holdings Pvt Ltd and the Food Safety and Standards Authority of India (FSSAI) conducted Nutrition Education Program on 'My Breakfast'. The aim of the My Breakfast program was to create awareness about the importance of breakfast, a key meal of the day among school students. Further, the program also intended to encourage the students to include whole grains, protein-rich foods, locally available fruits and vegetables in their daily breakfast as well as overall diet. The program was conducted from October, 2020 to July, 2021. During this period, 29 schools from different parts of the country registered on the Eat Right School portal. Due to the ongoing COVID-19 pandemic, virtual sessions of 'My Breakfast' were successfully conducted for 20641 students from classes I to XII. The Health & Wellness co-ordinator, teachers, parents and students provided positive feedback regarding the program. Through this initiative, students learnt to make healthy food choices in their breakfast and the importance of consuming right breakfast for optimal academic as well as physical performance.

Reach/Beneficiaries: 20641 school students



Zoom Meeting

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1 Playlist

Get whole grain rich breakfast everyday

Include fruits & vegetables in breakfast everyday

Remember others to do the same

Breakfast

36 participants raised hand

Unmute Start Video

Security Participants 240 Chat Share Screen Record Reactions

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10:39 AM 16-Jul-21

Participants:

- naaya
- KRISHA SARA...
- Rajvi
- Divyanshi
- Sandeep Pug...
- Aaniya Himth...
- Anaya Saha
- Tanisha Singh
- Aashi Bhatera
- Vidhika Agarwal
- Aarohi Agarwal
- Namita Khat...
- iphone11
- AIMA SHAIKH
- SUMIT DHARA
- Vandana Bud...
- Bhavyaa Bhat...
- LAKSHITA TE...
- Prisha Kayan
- Punita Lunawat
- Krishna Sethia
- TRISHA SINGH
- Khyati
- Suhana