

## **NATIONAL NUTRITION WEEK: Celebrating Good Health**

National Nutrition Week was initiated in March 1973 by the members of the American Dietetic Association (now the Academy of Nutrition and Dietetics) to deliver the nutrition education message to the public while promoting the profession of dietetics.

In 1980 the public showed great response towards it and the weeklong celebration expanded to become a month-long observance.

In the year 1982 National Nutrition week celebration was started by the Central Government in India.

The campaign was started to spread awareness and encourage people as a society to understand the importance of nutrition and adopt a healthy, sustainable lifestyle.

We all know that malnutrition is one of the main hurdles in the overall development of the country which is necessary to overcome it and curb its National Nutrition Week is celebrated.

In this context, the school celebrated National Nutrition week from 1<sup>st</sup> September – 7<sup>th</sup> September. The initiative was taken by students of XII Home Science Department, under the guidance of Mrs R. Rachana .

They presented a small video on THEME OF THE YEAR” "Feeding smart right from start".

Also, awareness was created among students from Primary- Higher Secondary and teachers as well. The topics covered were: Malnutrition and its types and effect, Food Pyramid, Micro and Macro Nutrients, Food Plate, Balanced Diet, Nutrition during Early Childhood. Myth about Home Science as a subject, eating disorders during Adolescence. Terms like RDA, BMI were also covered.

Overall, it was a wonderful experience in gaining nutrition knowledge through all stages of life and the ways need to be healthy.