

WORKSHOP ON ORIENTATION FOR SCHOOL TEACHERS ON NUTRITION DURING THE NATIONAL NUTRITION WEEK AT NATIONAL INSTITUTE OF NUTRITION

National Institute of Nutrition organised a one day workshop on **06th September, 2019** attended by teachers from 160 schools in Hyderabad.



The Chief Guest, **Professor K. Purushotham Reddy (Environmentalist)** and **Director of National Institute of Nutrition Ms. Hemalatha** emphasised on the importance of educating the school children about nutrition and hygiene in the environment.



Added to this seven Scientists from National Institute of Nutrition laid emphasis on the topics such as:

1. Importance of diet during adolescent age (Dr. K. Damayanthi)
2. Role of nutrition for children growth and cognitive development (Dr. Sylvia Fernandez Rao)
3. Leafy Vegetables and micronutrient malnutrition (Dr. J. Sreenivasa Rao)
4. Nutrition Education in schools: present scenario (Dr. G. M. Subba Rao)

5. Link between besity in childhood and chronic diseases in adulthood
(Dr. A. Laxmiah)
6. Teenagers Food Choices: Motivational Factors (Dr. M. Maheshwar).



The workshop gave the key facts stating that the micronutrients like IRON, ZINC, POTASSIUM, IODINE and VITAMIN A play a very important role in the cognitive and growth of children till they reach the age of Adulthood. Also need to be taken care of educating the children in schools to know about the good way of eating a healthy diet explaining about the ill effects of Junk food and to understand the study of label information on the products they buy.

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