

**REPORT ON THE CULINARY CLUB ACTIVITY FOR THE ACADEMIC YEAR 2024 -25**

**CLUB PRESIDENT: Ms. Vasumathi .V**

**Date: 23.11.2024**

**Session Overview**

The session held on 23.11.24 was attended by 93 students out of 16 students of classes VII and VIII.

The session began with an engaging introduction to sweet poha, highlighting its ingredients and their nutritional benefits.

**Objectives:**

1. Understand Nutritional Benefits
2. Promote Traditional Foods
3. Raise Awareness on Healthy Eating
4. Encourage Practical Knowledge

**Nutritional value of Sweet Poha:**

1. **Flattened Rice (Poha):** A good source of carbohydrates, providing quick energy, and is low in fat, making it light and easy to digest.
2. **Jaggery:** Rich in iron and minerals, it helps combat anemia and provides a natural source of sweetness without refined sugar.
3. **Grated Coconut:** Contains healthy fats that support brain health and provide sustained energy, along with essential vitamins like B-complex.
4. **Cardamom and Nuts (Optional):** Cardamom aids digestion, while nuts like almonds or cashews add protein, healthy fats, and essential micronutrients.
5. **Overall:** Sweet poha is a balanced snack with a mix of carbohydrates, fats, iron, and fiber, making it both nutritious and delicious.

**Conclusion:**

The activity on the nutritional value of sweet poha successfully engaged participants in understanding the health benefits of this traditional dish. By exploring its ingredients and their contributions to a balanced diet, the activity fostered awareness of healthy eating habits and the importance of preserving cultural culinary practices. Participants left with practical knowledge and a deeper appreciation for incorporating nutritious, homemade snacks into their daily routines.

## CULINARY CLUB ACTIVITY

### Making of "Sweet Poha"

#### Nutritional Value of "Sweet Poha"

• Sweet poha is a tasty food that has lots of calories.

It has carbohydrates, fiber, iron, healthy fat and Vitamins and minerals.

