

## **Healthy Food Cooking Competition organized by the PSM Dept. on 5th Sept 2018 for National Nutrition Week.**

**VENUE: UHTC, TALEGAON DABHADE.**

A healthy food cooking competition was held for the field practice residents of UHTC, Talegaon Dabhade. The competition was organized and judged by Dr. Majumdar, Dr. Madhura and Dr. Ashlesha of our PSM Dept. and assisted by 4 UHTC interns, sister and social worker. The competition had a good response by the local residents and 21 females participated with their innovative healthy recipes. Different healthy dishes like Parathas, Thalipeeth, Dates Cake, Multigrain Ladoos etc. were presented by the participants. They were judged on the basis of nutritive value, presentation, taste and the effort behind every dish and 3 winners were announced. They were given tokens of appreciation for their performance and to encourage them for further participation in such social gatherings.

Everyone was explained the importance of healthy diet for all age groups and different ways of fortification of food. All women seemed satisfied and happy with the arrangement and insisted on more such gatherings in the future.



