

NUTRITION EDUCATION THROUGH ANIMATED VIDEOS AND NUTRITION GAMES

Nature of Program : Awareness

Title : Nutrition Education through Animated
Videos and Nutrition Games

Participants : Food Science & Technology Students and
School students.

Date : 4th September 2025.

Total No. of Participants: 100

Brief Report:

The Department of Food Science and Technology organized an Awareness Programme on “Nutrition Education through Animated Videos and Nutrition Games” on 4th September 2025 at Zilla Parishad High School, Punadipadu, as part of the Poshan Maah celebrations. The objective of the program was to create awareness among school students about the importance of nutrition in a fun and engaging way. The Final Year FST students presented animated videos highlighting topics such as healthy eating habits, balanced diet, and the role of nutrition in growth and immunity. Additionally, a series of interactive nutrition games were conducted to reinforce learning through play. The school children participated enthusiastically and gained valuable insights about nutritious food choices and hygiene practices. The program proved to be an effective method for promoting nutrition education, combining entertainment with learning.

