

Dietetics Day 2023 - Workshop consist of Healthy Recipe Competition and demonstration of recipes created by Nestle

Department of Nutrition and Dietetics, Faculty of Allied Health Sciences celebrated Dietetics day 2023 in collaboration with Nestle Pvt. Ltd. On Dietetics day the department of Nutrition organized a recipes competition Entitled Meri Maggic Savory Challenge. The students have to prepare healthy recipes by using Maggic masala of Nestle. About 20 recipes were formulated and presented in front of Judges. Mr. Lee, Chef from culinary sciences, MRIIRS and Dr. Pratibha Singh, Professor, Department of Nutrition and Dietetics, MRIIRS judged the participants on taste, texture, concept, nutritional value and acceptability of the product. The competition was exciting for students and faculty members. Followed by recipe competition, demonstration of healthy recipes was done by the Ms. Vini, experts at Nestle. He demonstrated many recipes like carrot cake, healthy chart and many more by using Nestle products. The demonstration was innovative and very interactive. They also provide oats cornflakes to be distributed among students of Department of Nutrition and Dietetics and Physiotherapy.



Chef Lee evaluating the food