



## **VIMALA COLLEGE AUTONOMOUS, THRISSUR**

**Name of the programme : Workshop on chocolate recipes**

**Date : 10<sup>th</sup> July 2024**

**Day : Wednesday**

**Time : 12 pm**

**Organized by: Department of Home Science**

**Vimala College (Autonomous), Thrissur.**

**Faculty coordinator: Mrs. Sherja K Raphael**

**No. of Participants: 11**

As part of world chocolate day, the students of 2<sup>nd</sup> and 3<sup>rd</sup> year B.Voc Food Processing, Department of Home Science conducted a workshop based on chocolate recipes at St. Joseph's Special School in association with Cheroor, Division 9 on 10<sup>th</sup> July 2024. The main intention of the programme was giving a workshop based on chocolate recipes and demonstrating some recipes such as mousse, kunafa. The faculties of B.voc Food processing Miss. Sherja K Raphael and Miss Jismy KJ guided us during the programme.



**Academic report:** 2024-2025

**Name of the Event:** Online Quiz Competition

**Date:** 16<sup>th</sup> October 2024

**Organised by:** Health and Nutrition Club Department of Home Science

**No. of participants:** 73

**Head of the Department:**Dr. Thomas Ruby Mariamma

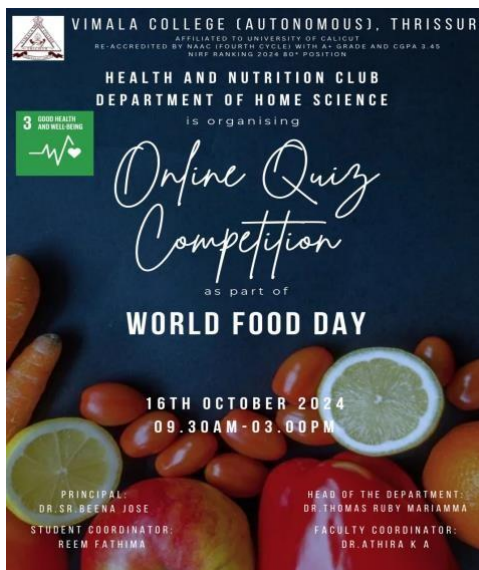
**Staff coordinators:**Dr. Athira K A

**Student coordinator:** Reem Fathima

**Brief report of programme:**

Health and nutrition club, department of home science vimala college autonomous as conducted a online quiz competition as part of world food day held at 16<sup>th</sup> October 2024 from 9.30 am to 3.00 pm it was conducted in online mode through google forms where link were shared with the brochure. There were 73 students participated and above 20 marks was the winning criteria . in 73 participants 43 students were selected as winner and e certificates were distributed through their gmails.

**BROCHURE**



## **WINNERS LIST**

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## **QUESTION AND ANSWERS**

1. Who launched world food day?

- A) World Health Organisation and United Nations Development Programme (UNDP)
- B) World Health Organisation (WHO) and Food and Agriculture Organisation (FAO)
- C) Food and Agriculture Organisation (FAO) and United Nations Development Programme (UNDP)

D) United Nations Development Programme and United Nations Environment Programme (UNEP)

Ans B

2. When was the first food day?

A) 1989

B) 1990

C) 1981

D) 1995

Ans C

3. What is the theme for world food day 2024?

A food standard save live

B feeding the world caring for earth

C change the future of migration

D Right to foods for a better life and a better future.

Ans D

4. Can you name this root vegetable, which is the third-largest source of carbohydrate worldwide?

A) Cassava

B) Carrot

C) Potato

D) Sugar beet

Ans: A

5. The three most commonly consumed kinds of cereal are maize, rice and ...?

A) Wheat

B) Barley

C) Oats

D) Quinoa

Ans: A

6. Which country is the world's largest agricultural producer?

A) China

B) Brazil

C) India

D) South Africa

Ans: A

7. International food standards are set by

A. World Health Organisation

B. Food and Agriculture Organisation

C. United Nations Development Programme

D. Codex Alimentarius Commission

Ans D.

8. which vegetable is first to be planted in space?

A. Potato

B. Rice



C.corn  
D. Sugarcane  
Ans A

9. What is the aim of celebrating world food day?  
A. To eradicate global hunger  
B. To organise a food festival  
C. To explore new dishes around world  
D. None of the above

Ans A

10. which organisations has established world food day?

A. UNICEF  
B. WHO  
C. FAO  
D. UNDP

Ans C

11. World Food Day is celebrated to raise awareness about?

A. Global hunger  
B. poverty  
C. gender quality  
D. global warming

Ans A

12. I'm a slender fellow, dark or light,  
Sizzling in oil, I'm a fragrant delight.  
When roasted I come alive,  
With curd and jaljeera, I thrive.  
Who am I, can you surmise?

Name the spice.

A. cumin  
B. chilli  
C. cardamom  
D. cinnamon

ans. A

13. Kahwa' is a special type of tea/beverage. It is popular in

A Kashmir  
B rajasthan  
C kerala  
D. Maharashtra

ans. A

14. the component of food that didnt provide nutrient to our body but yet essential in our food?

A carbohydrate  
B fat  
C vitamins  
D fiber

ans. D

15. Which food never rots and doesn't require preservatives to keep fresh?

- A fruits
- B bread
- C honey
- D meat

Answer C

16. What is the staple food of almost one-third of the world's population?

- A maize
- B rice
- C ragi
- D. wheat

Answer B

17. what was the theme for world food day 2023?

- A)Food standards save lives
- B)Feeding the world, caring for the earth
- C)Change the future of migration
- D) water is life , water is food. leave no one behind

ans.D

18. Why do we need to eat a balanced diet?

- A To give us energy
- B. In order for our bodies to function properly
- C. To help us grow
- D.All of the above

ans. D

19. What does Malnutrition mean?

- A. A person is not eating properly
- B.Undernutrition or overnutrition
- C.Someone is starved
- D.Someone is eating too much

ans.B

20. Which of the following is NOT a primary component of a balanced diet?

- A.Fruits and vegetables
- B.Lean protein sources
- C.Whole grains
- D.Processed foods

ans.D

21. What is the key benefit of consuming a diet rich in omega-3 fatty acids?

- A Increase blood sugar levels
- B Promote healthy brain function and reduce inflammation
- C Provide a quick source of energy
- D Enhance the absorption of iron

ans B

22. Which of the following is the source of saturated fats?

- A Olive oil
- B Eggs
- C Milk
- D Corn oil

ans C

23. If your BMI is less than 18.5, it falls within the \_\_\_\_\_ range.

- A Underweight
- B Healthy Weight
- C Overweight
- D Obesity

ans A

24. A good way to ensure vegetarians get enough iron is to:

- A. Do more exercise.
- B. Eat more bread.
- C. Drink orange juice when they eat spinach.
- D. Combine potatoes with nuts.

Ans C.

25. According to my pyramid food guidance system a person should obtain most of the fat from

- A beef, chicken and fish
- B vegetable oil nuts and fish
- C fats oils and sweets
- D milk yoghurt and cheese

ans B