

In search of affordable Healthy food

Time limit : 4 months... and forever

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Inspired by Abirami and Cynthia, III B.Sc. Physics

Learning Objective

- ▶ To initiate awareness about health, help them look for affordable food that keeps them healthy
- ▶ To make them understand Life long learning
- ▶ Fainting in the class
- ▶ Unable to stand in Physics lab
- ▶ Lack of concentration
- ▶ Spurt of emotional outbursts
- ▶ Irregular Periods
- ▶ More girls found unsuitable to donate blood

Context

Root cause

Learning Activity – 1 / 3

- ▶ Observe your lunch dabba daily for a week
- ▶ Lead too sits with them – no comments or suggestions
- ▶ **JUST OBSERVE**– everyone observes **each others** food
- ▶ Observe the no.of items and quantity of each
- ▶ Classify them to Carbs, protein, fat, roughage

Days	Food

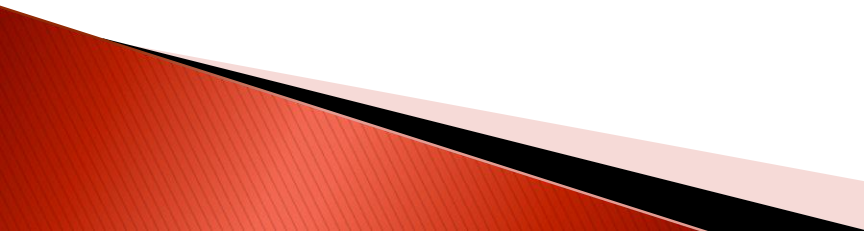
Learning outcome

Dabbas found to contain mainly

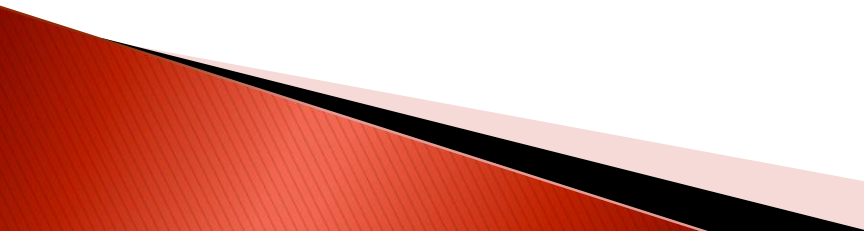
- ▶ rice/dosa/idlies/rava upma mostly mixed rice– as tomato/lemon/tamarind rice
- ▶ No attractive food/ colours/patterns/aroma
- ▶ More mushy and overflowing or too little
- ▶ More carbs , mostly only carbs
- ▶ No roughage
- ▶ very little dhal as sambhar
- ▶ no fruits
- ▶ Mushy, dead veggies

Learning activity – 2 / 3

- ▶ ***Read, google and interact – Research***
 - ▶ Learn about importance of balanced diet, bringing healthy food, keeping a tab on what we eat

 - ▶ ***Speak out the challenges involved***
 - ▶ Financial constraint (??!)
 - ▶ Preparation and packing healthy food needs more Time (??!)
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Reason out, Research

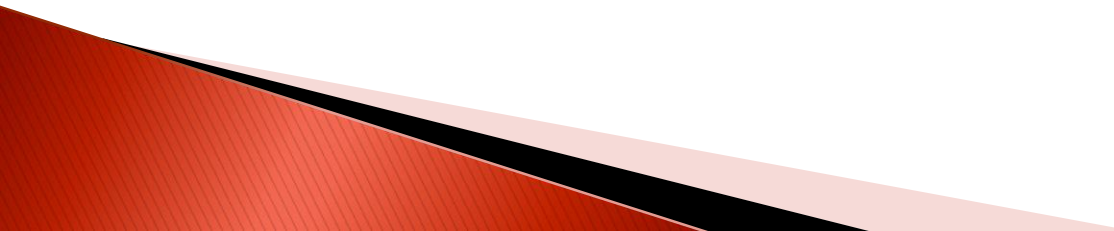
- ▶ Write down these challenges
 - ▶ Debate– amongst others
 - ▶ ARE these really challenges ?
 - ▶ Every person reason out others' challenge and try to empathise with them
 - ▶ Come out with probable solutions, time management ideas
 - ▶ To keep in mind family issues, siblings, travel time, economic status, food habits
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Learning activity – 3 / 3

- ▶ *...Research*
- ▶ Identify locally available nutritious food
- ▶ Think of seasonal food
- ▶ Traditional foods
- ▶ Foods during festivals, death anniversaries
- ▶ Talk to elders, look at food youtubers for easy healthy foods, Packing food
- ▶ Identify Food items that stay longer
 - ▶ **Reflect on your challenges NOW again**

Protein punches and Roughages

- ▶ Ways to add More dhal– different varieties
 - ▶ Chikki with different pulses, flavours
 - ▶ Paneer / soy tofu/ curd/ corn stubbs
 - ▶ Millets (ragi), urad, sesame as chikki, kali, dosa/ roti, powdered with jaggery

 - ▶ OPOS cooking technique to retain colour and texture, reduce cooking time and fuel
 - ▶ Add greens– methi, salads
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Reduce prep time

- ▶ Choose such veggies/ greens (methi)
- ▶ Grate carrot, cabbage – salads – with curd
- ▶ Puffed rice or poha
- ▶ Sprouts – boiled/ raw
- ▶ Try different spices –flavour rich country 😊
- ▶ Water with jaggery, lime, jeera,.....

- ▶ Nature has gifted us with best packaged food– FRUITS like bananas, oranges, dates..
- ▶ Use time during evenings and weekends

RESULT 😊 – after four months

- ▶ Lunch hour has become fun
- ▶ Dabbas turned objects of curiosity and scientific investigation
- ▶ More sprouts, fruits, jaggery water, chikkis, veggies

- ▶ Able to stand better in lab, and more alert in the class
- ▶ Checked haemoglobin and alerted
- ▶ Sharing of food made us happy and team building happened naturally

- ▶ Able to think of more SOLUTIONS
- ▶ Consciousness about food on our plate
- ▶ Aware of our menstrual health
- ▶ Feeling good and we take charge of our health 😊
- ▶ OUR Moms are happier

Take aways by the team..

- ▶ Learning can happen on dabbas!
 - ▶ be open to new ways
 - ▶ My problem is a easily solvable if am flexible
 - ▶ Science and research is a daily affair
 - ▶ Daily affairs too are problems for research
 - ▶ When I become a teacher, I will teach science away from lab too
 - ▶ Kitchen is a lab
 - ▶ My heath, my priority
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