



# RUKMINI DEVI

## Institute of Advanced Studies

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### Green on My Plate -Activity by Eco Club

<b>TITLE</b>	Submission of Web Report for "Green on My Plate -Activity by Eco Club"
<b>Resource Person/ Facolitor</b>	Social & Heritage Club, RDIAS
<b>Date</b>	06/10/2018
<b>Summary</b>	<p align="center"><b>“Green on my Plate” - a healthy eating and safety drive”</b></p> <p>“Spirit 2018” the annual sports meet of RDIAS was held on 6th October, 2018 and social heritage club organized a general awareness drive on health eating habits in pursuance of Department of Food Safety, Govt. of NCT of Delhi.</p> <p><b>“What you eat is what you will look, just as what you sow is what you reap”</b></p> <p>In this activity, the team member of social and Heritage Club put stalls having healthy food Like</p> <ol style="list-style-type: none"> <li>1) Sprouts</li> <li>2) Bhelpuri</li> <li>3) Refreshing drinks ( Lemonade &amp; Tang)</li> </ol> <p>The aim was to serve good quality and healthy food for realizing the importance and sensitivity of health &amp; safety in a person’s life. The sprouts was cooked at home by the students keeping in mind about the hygiene during the serving, as the student were wearing caps on their head, gloves in their hands as well as they were using hand sanitizer also whenever required.</p> <p>The basic slogan of the activity was “Eat healthy, serve healthy” which was strictly adhered, to the environmental standards.</p> <p>The drive was successful as everybody enjoyed food and drinks and learned about the importance of good eating habits and food safety.</p>