CONNECTING PEOPLE THROUGH FESTIVALS AND SHARING THE IMPORTANCE OF DIET

• INTRODUCTION:- The harvest festival celebrated across India in difference name. 'Makar Sankranti' in West Bengal is known as 'Poush Sankranti'. 'Poush Sankranti' or 'Poush Parbon', is celebrated with great enthusiasm. The rituals, puja & traditional customs revolve around special food items, which are cooked in household only during the Sankranti or Uttarayan season. Since the hervast season is to do with

Everything beautiful, food is a big part of Poush Sankrant & many rituals revolve around items made from rice as it is the time when paddy is harvested. The most common food for celebration is called 'Pithe' made from rice flour

with a variety of – gur or jiggery is a compulsary accompaniment. 'Sankranti' are known by various names 'Magh Bihu' in Assam, 'Maghi (preceded by Lohri) in Punjab, Haryana & Himachal Pradesh.'Thai Pongal' in Tamil Nadu, 'Uttarayan' in Gujrat, Uttarkhand & Uttar Pradesh, 'Ghughuti' in Uttarkhand. 'Makar Sankranti' in Odisha, Karnataka, Maharashtra, Goa & West Bengal. Sankranti in Andhra Pradesh & Telengana.

• AIM:- How Food Connect Us To World:

Cooking as a family or with friends & loved ones bring us together because we are able to share our culture & heritage through food & give each other nourishment. Food can quite literally proper you to another time, another country, another cultural & also operates as an expression of cultural identity all over the world. Which is why our traditional food culture is such an way that we as people are able to connect & related to one another.

• Component:-

1. Milk: Milk has the benefit for good eyesight & it increases red blood cell count. It's packed with important nutrients like calcium, phosphorus, B vitamins, potassium, D vitamin. Plus, it's an excellent source of

Protein. Drinking milk & dairy products may prevent osteoporo

-is & bone fractures & even help you maintain a healthy weight

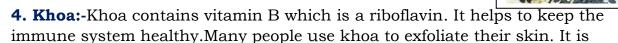
2. Rice Flour:- A high–fibre diet can also improve cardiovascul manage manage blood sugar levels, & regularize bowel movement.



Rice flour is rich in calcium, & this rice flour nutrition makes it an excellent food choice to maintain bone & skeletal health.

3. Sesame:-Sesame seeds are a good source of healthy fats, protein, B vitamins, minerals, fiber, antioxidants, & other beneficial plant compounds. Regularly eating substantial portions of these seeds- not just

An occasional sprinkling on a burger bun- may aid blood sugar control, combat arthritis pain, & lower cholesterol.





one of the best exfoliators that helps to bring life to the

lifeless skin.

5.Coconut:- Coconuts are especially high in Mg, which is essential for bone health & the metabolisum of carbohydrates, protein & cholesterol. They are also rich in copper & Fe which help from red blood cell.

6. Jaggery:-Jaggery is loaded with antioxidents & minerals like Zn & selenium which help prevent freeradicals & boost resistance against infecti-



-ons. It flushing out nasty toxin from body & build

Immunity.

7.Mung Dal:-Mung beans are high in nutrients & antioxidents, which may th benefits. In fact, they may protect against heat stroke, aid

Digestive health, promote weight loss & 'bad' LDL

Blood pressure & blood sugar levels.

8.