



### Module 5

#### **SYLLABUS:**

**Food walk: City's culinary practices, food lore, and indigenous materials of the region used in cooking – Objectives, Visit, case study, report, outcomes**

- Food fests offer a unique opportunity for students to sample a variety of delicious foods and drinks from different cultures and cuisines. These festivals provide a fun and festive atmosphere that is perfect for socializing and trying new things. From street food to gourmet delicacies, food fests have something for everyone.

#### **Planning**

The first and foremost step was to decide the day and venue for the food fest. We decided to conduct it on 5th March 2024. The food walk was conducted in the classroom at 12.00pm to 2.00pm.

The students were divided into 3 groups. Here each of the teams consisted of 10 members. The dish that was to be prepared by each team was decided prior to a week, and the list of dishes was submitted to the lecturer in-charge.

#### **Data Collection**

The department of Civil Engineering, A J Institute of Engineering and Technology, conducted a food fest as a part of the social connect and responsibility subject on 5th March 2024. The fest was inaugurated by Dr. Suman Kundapura, Head of the department. The event was successfully coordinated with the help of faculties of the Civil department, and students actively participated in the preparation of food and serving it.

#### **Event Highlights:**

**1. Variety of Food Stops:** The Food Walk featured a curated selection of food stops, each offering a unique culinary experience. From traditional street food to contemporary fusion cuisine, there was something to tantalize every palate.



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**2. Cultural Immersion:** Along with savoring delicious dishes, participants had the chance to immerse themselves in the cultural diversity of the region. Food vendors shared stories behind their recipes, highlighting the cultural significance of various ingredients and cooking techniques.

**3. Interactive Sessions:** The event included interactive sessions such as cooking demonstrations and food tasting workshops. Students had the opportunity to learn about the preparation of regional delicacies and even try their hand at cooking under the guidance of experienced chefs.

**4. Community Engagement:** The Food Walk fostered a sense of community among students, faculty, and local residents. It provided a platform for interaction and exchange of culinary knowledge, creating a vibrant atmosphere of camaraderie.

## Analysis

### LIST OF DISHES

Team 1:

- Idli with Chicken curry and Mohobbat ka sharbat





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### Team 2:

- Veg Roll, Chicken roll, salad, payasa and kabab.



### Team 3:

- Egg curry, Ghee rice and dal, gulab jamun with icecream.



However, it is important to note that more research is needed to fully understand the potential health benefits of these ingredients, and to determine the appropriate amounts needed to achieve these benefits.



### Nourishing the Residents of Arya Samaj Ashram Orphanage, Mallikatte

#### **Introduction:**

The Arya Samaj Ashram Orphanage in Mallikatte serves as a home for vulnerable children who have lost parental care or are in need of support. Providing nutritious meals is not just about sustenance; it's about nurturing their physical health, supporting their growth, and fostering a sense of security and well-being. This report outlines a proposal to supply wholesome meals, including ghee rice, dal, and egg chili, to the residents of the Arya Samaj Ashram Orphanage in Mallikatte.



#### **GROUP PICTURE IN ARYA SAMAJ ASHRA**

#### **Objective:**

The primary objective of this initiative is to ensure that the children residing in the Arya Samaj Ashram Orphanage receive balanced and nutritious meals that contribute to their overall health and well-being. By providing them with nourishing food options, we aim to support their physical growth, cognitive development, and emotional stability.

#### **Conclusion**



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- The food walk held in the college, where dishes were prepared by students in their homes using organic vegetables, was an excellent initiative that promoted healthy and sustainable food practices.
- The event showcased the culinary skills and cultural diversity of the students while also highlighting the importance of using organic and locally sourced ingredients in food preparation.
- By using organic vegetables, the food walk promoted environmentally conscious and healthy food practices.

SUBJECT COORDINATOR

HOD