

CONNECTING PEOPLE THROUGH FESTIVALS AND SHARING THE IMPORTANCE OF DIET

• **INTRODUCTION:-** The harvest festival celebrated across India in different names. '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 harvest season is to do with

Everything beautiful, food is a big part of Poush Sankranti

& 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 compulsory 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 Gujarat, 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 osteoporosis

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



2. Rice Flour:- A high-fibre diet can also improve cardiovascular 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.



4. Khoa:-Khoa contains vitamin B which is a riboflavin. It helps to keep the immune system healthy. Many people use khoa to exfoliate their skin. It is



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 metabolism of carbohydrates, protein & cholesterol. They are also rich in copper & Fe which help from red blood cell.



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



-ons. It flushes out nasty toxins from the body & builds immunity.

7. Mung Dal:-Mung beans are high in nutrients & antioxidants, which may have many benefits. In fact, they may protect against heart disease, aid



digestive health, promote weight loss & 'bad' LDL cholesterol. They also help lower blood pressure & blood sugar levels.

8.