

REPORT OF NUTRITION AWARENESS DAY HELD AT JOMO KENYATTA UNIVERSITY OF SCIENCE AND TECHNOLOGY (JKUAT) ON 27TH OCTOBER 2023.

Introduction.

On October 27, 2023, Jomo Kenyatta University of Science and Technology (JKUAT) hosted a nutrition awareness day event at their academy hall. The Department of Food Science, Nutrition and Technology, University of Nairobi was represented by two Food scientist, who accompanied the students, and 67 students from the department of food science nutrition and technology. The event aimed to create awareness on all components of nutrition, and its importance in achieving optimal health.

The event featured various activities where some of our Food Science and Technology, and Food Nutrition and Dietetics students actively participated which included:

- Students taking part in blood sugar and hypertension tests and nutrition education and counseling.



- Anthropometric measurements, i.e height, weight, BMI were taken and recorded
- Food products exhibition stands where food products such as fruit juices, yoghurts and tomatoes sauce were exhibited. We exhibited juice and yoghurts from Peri foods and from our pilot plant.



- A quiz competition where participants answered questions on nutrition and health and won prizes.



A panel of students that discussed Genetically Modified Organisms (GMO) and its effects, both negative and positive on human health and the environment. We were represented by our very own Ian Miheso, who happens to be an official of AFOSTECH.



The event was attended by about 500 people, including students from other campuses. Feedback from the participants was positive and they expressed their appreciation for the event. They also reported that they learned new things about nutrition and health and felt motivated to adopt healthier lifestyles.



Conclusion.

The event was a success and achieved its objectives of raising awareness and promoting healthy behaviors among the public. Students from our department were also very excited since this was the first event we attended as AFOSTECH.

Officials and members of AFOSTECHS-(Association of Food Science and Technology Students - Nutrition) would love to extend their heartfelt appreciation to; I) the Department of Food Science, Nutrition and Technology for such a fruitful opportunity to interact and actively participate in Nutrition and Food Science activities.

II) The students for showing up in numbers to attend the event

III) JKUAT for the invitation

IV) Peri foods and the Pilot Plant for allowing us exhibit their products

V) Prof Abong' for his immense support through the planning upto the day of the said event

V) The Almighty God for leading us through

We look forward to attending and hosting more of such events.

Compiled by;

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