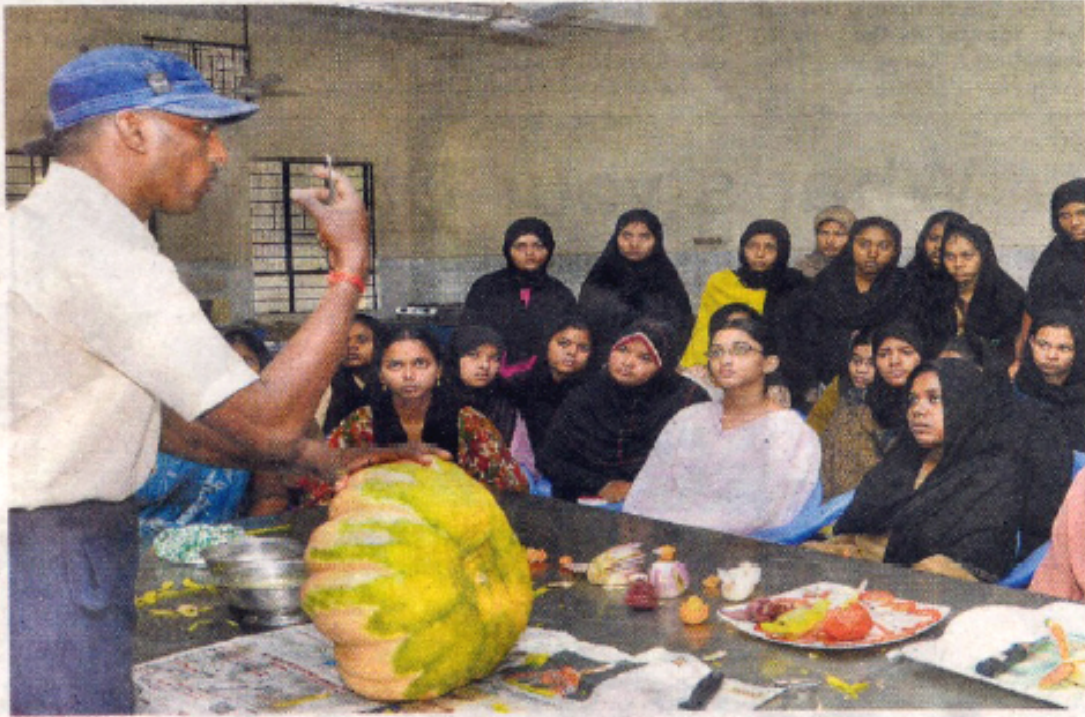


CAMPUS NEWS

THREE DAY WORKSHOP ON VEGETABLE CARVING

Dressing up nutrition

Three-day workshop focuses on dressing up nutritious food



EDIBLE ART: Vegetable carving workshop in progress at Aiman College of Arts and Science for Women in Tiruchi on Wednesday. —PHOTO:R. ASHOK.

Staff Reporter

TIRUCHI: How do you make green vegetables and salads look appetizing? Future dieticians of the Aiman College of Arts and Science for Women here found the answer in vegetable carving at a three-day workshop organised by the Department of Nutrition and Dietetics. Dressing up nutritious food to make it look good is imperative in directing healthy food choices.

Vegetable carving, an important component of food presentation is no longer the sole purview of the hotel management industry. Nutritionists would do good to use

the art to promote healthy eating habits, believes Principal Rajab Fathima. "Even salads can be made to look appetising depending on the way they are presented."

Demonstration

Resource Person P.Kalaiivanan, Coordinator, Academy of Carving, Tamil Nadu Advanced Technical Training Institute, demonstrated carving techniques for various vegetables and fruits. "Dieticians generally use pictures and graphics to present theme diets. But vegetable carving can put the point across better. Instead of displaying a stock of vegetables

to motivate people to eat salads, carving vegetables attractively can make them look appealing," he said.

The first day of the workshop focussed on miniature carvings of radishes, turnips and the like. Fruit carving followed suit with techniques for carving watermelon and papaya demonstrated. A session was devoted to pumpkin carving as the vegetable occupies centre stage in most displays. Students were encouraged to try their hands in creating miniatures on the final day. Parimala, Head, Department of Nutrition and Dietetics, coordinated the sessions.