

**Govt. Degree College for Women.
(Autonomous)
Begumpet, Hyderabad.
SOUPS AND SALADS - certificate course
Department of Zoology & Biotechnology.**

Nutrition in Adolescent Girls

Adolescence is the transition period between childhood and adulthood, a window of opportunity for the improvement of **nutritional status** and correcting poor **nutritional practices**.

Adolescence is characterised by the **growth spurt**, a period in which growth is very fast. During this time, physical changes affect the body's **nutritional needs**, while changes in one's lifestyle may affect **eating habits** and **food choices**. **Adolescent nutrition** is therefore important for supporting the physical growth of the body and for preventing future health problems. All parents should therefore pay particular attention to the nutritional needs of their teenagers.

Why nutrition is essential for adolescent girls?

Any **nutritional deficiency** experienced during this critical period of life can have an effect on the future health of the individual and their offspring. For example, failure to consume an adequate diet at this time can result in delayed sexual maturation and delayed or retarded physical growth. The rapid physical changes of adolescence have a direct influence on a person's nutritional needs. The growth spurt that occurs in adolescence, second only to that in the first year of life, creates increased demands for energy and nutrients. Nutritional status and physical growth are dependent on one another such that optimal nutrition is a requisite for achieving full growth potential.

Nutrition of the adolescent girl is particularly important but **under-nutrition** (too little food or food lacking required nutrients) in adolescents frequently goes unnoticed by their families or the young people themselves. Adolescence is a time to prepare for the nutritional demands of pregnancy and lactation that girls may experience in later life. Under-nutrition negatively affects adolescent girls by:

- Affecting their ability to learn and work at maximum productivity;
- Increasing the risk of poor obstetric outcomes for teen mothers;
- Arresting the healthy development of future children;
- Affecting sexual maturation and growth: and
- Preventing the attainment of normal bone strength and the development of healthy teeth if a youth doesn't get enough calcium.

Government degree college Begumpet, Started Trans- disciplinary course on Nutrition and Dietics and a certificate course **in Preparation of Soups and salads**. The course included Preparation of simple but highly nutritive soups and salads .The course was found to be valuable, resourceful to the students.
(14-3-2017 to 18-3-2017)

SOUPS:

TOMATO SOUP

Ingredients

- 6 medium tomatoes, cut in small pieces to make about 4 cups of chopped tomatoes
- 1 medium carrot, peeled and cut in small pieces to make about $\frac{1}{3}$ cup of chopped carrots
- 1/2" ginger peeled and sliced
- 1 teaspoons of oil
- 1/2 teaspoon salt, adjust to taste
- 1/2 teaspoon sugar, adjust to taste
- 1/8 teaspoon black pepper

Seasoning

- 2 teaspoons oil
- 1/2 teaspoon cumin seed (jeera)
- Pinch of asafetida
- 1 tablespoon cilantro finely chopped (hara dhania)

Method

1. Heat the oil in a saucepan over medium heat. Lightly brown the ginger. Add carrots and celery. Stir fry two minutes.
2. Add the tomatoes, salt, sugar, and pepper. Cook until tomatoes are mushy.
3. Let the tomatoes cool, then pure in blender.
4. Heat the oil in a saucepan. Add the cumin seed and asafetida. As the cumin seeds crack, add cilantro and stir for a minute.
5. Add the tomato pure and approx. $1\frac{1}{4}$ cup of water (adjust the water to your taste).
6. When the soup boils, turn the heat to low and let it simmer three to four minutes.

SPRING ONIONS SOUP RECIPE

Ingredients - measuring cup used, 1 cup = 250 ml

- 1 bunch spring onions, rinsed and chopped Or approx 4 or 4.5 cups chopped spring onions with both whites and greens (reserve a few greens for garnish)
- 1 medium or large potato, peeled and chopped in smaller pieces
- 1 or 2 garlic - chopped
- ½ or 1 teaspoon soy sauce
- ¼ teaspoon dry oregano
- 3 cups water
- 2 tablespoon olive oil
- salt as required
- black pepper powder (kali mirch powder) or crushed black pepper as required
- few parsley leaves for garnish (optional)

recipe:

1. Heat olive oil in a pot. fry the garlic for 10-12 seconds.
2. Add the spring onions and saute for 4-5 minutes on a low flame.
3. Now add the chopped potatoes. season with salt and pepper. stir well.
4. Pour water and stir again. cover the pot and simmer till the potatoes are cooked completely on a low to medium flame.
5. let the soup cool down a bit. with a hand blender, blend the soup till smooth. the soup will appear thick now.
6. Add soy sauce, oregano and keep the soup to simmer for 4-5 minutes,
7. If the soup appears too thick, then you can add about 1/4 or 1/2 cup water or veg stock, while simmering the soup.
8. serve spring onion soup hot, plain or with some bread garnished with some spring onion greens or parsley.

CARROT AND GINGER SOUP

- 3 large [carrots](#)
- 1 tbsp grated [ginger](#)
- 1 tsp [turmeric](#)
- pinch of cayenne pepper, plus extra to serve
- 20g wholemeal bread
- 1 tbsp soured cream, plus extra to serve
- 200ml vegetable stock

RECIPE

Peel and chop the carrots and put in a [blender](#) with the ginger, turmeric, cayenne pepper, wholemeal bread, soured cream and vegetable stock. Blitz until smooth. Heat until piping . Swirl through some extra soured cream, or a sprinkling of cayenne.

SALADS:

WATERMELON SALAD:

Ingredients

- 1 bowl watermelon cubes
- 2 yellow bell peppers
- 1 cup onions
- 1 cup cucumber
- 1 cup tomatoes
- Lemon Juice
- Jeera powder - a pinch
- Oregano - a pinch
- Salt & pepper

Method

1. Pour lemon juice into a bowl.
2. Add mustard paste, oregano, jeera powder, salt & pepper
3. In another bowl put the watermelon cubes, yellow bell peppers, onions, cucumber, tomatoes s.
4. Add salt and pepper. Mix them all well.
5. Serve chilled.

Fruit Salad

- 1 (20 ounce) can pineapple chunks, juice reserved
- 2 apples, peeled and cored
- 1 (21 ounce) can peach pie filling

- 2 bananas, peeled and diced
- 3 kiwis
- 1 pint strawberries

METHOD

- In a small bowl, toss the chopped apples in reserved pineapple juice. Allow to sit for 5 to 10 minutes.
- In a large salad bowl, combine the peach pie filling and pineapple chunks.

- Remove apples from pineapple juice and add to pie filling and pineapple mixture. Add chopped bananas to reserved pineapple juice and let sit for 5 to 10 minutes.
- Peel and slice kiwi and 1/2 of strawberries. Chop the other 1/2 of strawberries and set aside.
- Remove bananas from pineapple juice and add to pie filling mixture. Add chopped strawberries; toss together.
- Arrange kiwi slices around the edge of the serving bowl and alternate with strawberry slices. Chill and serve

Sprouts Salad

Ingredients for Sprout Salad Recipe

- Moong Sprout boiled 1 cup.
- Sprouted whole black gram boiled 1/2 cup.
- Onion finely chopped 1 medium.
- Green capsicum cut into small pieces 1 medium.
- Potato boiled, peeled and cubed 1 medium.
- Green chillies finely chopped 2.
- Lemon juice 2 tablespoons.
- Salt to taste.

METHOD

Take moong sprouts, kala chana sprouts, onion, green capsicum, potato, green chillies, lemon juice, salt, red chilli powder, dried mango powder, chaat masala and coriander leaves in a large bowl and mix well. Serve the salad garnished sev

VEG SALAD

Ingredients:


- 200 g of cabbage finely chopped
- 1 large carrot
- 4 onions, finely chopped
- 150 g plain low-fat yogurt
- pepper to taste
- 30 g radishes, sliced
- 1/3 cup unsalted roasted peanuts
- 4 tablespoons chopped parsley

Directions to Prepare:

Mix the cabbage, carrot and onions in a large bowl. Stir the yogurt and season with pepper. Dress this onto the cabbage mixture and toss well. Just before serving, top it with the radishes, peanuts,



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4	17011085489020	P. Anandathi	BtZC III ya	P. Anandathi
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6	108518489017	D. Swetha	BtZC II ya	Swetha
7	10851848903	C. Ranga	BtZC II ya	C. Ranga
8	108518489015	E. Suresh	BtZC II ya	E. Suresh
9	108518489016	B. Pallavi	BtZC II ya	B. Pallavi
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