



# Dr. BRR GOVERNMENT DEGREE COLLEGE

(Accredited with B<sup>++</sup> by NAAC)

JADCHERLA-509301

MAHABUBNAGAR (DIST), T.S

Dr. CH. Appiya Chinnamma M.Sc., P.G.D.S., Ph.D  
Principal

**Academic Year: 2021-2022**

**FOOD FESTIVAL**


**Department of Microbiology & Health Club**

**Date: 02/11/2021**

The department of Microbiology & Health Club collectively organized Food festival programme to promote importance of fermented foods in daily life. The students of the department have made various foods in premises of college and established idly, Dosa, Curd Rice, Lassi, Burger, Bread Omelette, Sandwiches, Veg Pulao, Fruit salad, Junnu etc and sold food to all the staff and students and created an awareness and stressed the importance of consumptions of such foods. All staff and students participated in this festival and made this program a grand success.

Total No. of Students Participated: **75**



  
IQAC-Coordinator  
Dr. B.R.R. Govt. College  
Jadcherla-509 301  
Mahabubnagar, Dist. T.S.

  
Principal  
Dr. BBR Government Degree College  
Jadcherla, Dist. Mahabubnagar





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## Permission Letter

**Dr. BRR GOVERNMENT COLLEGE- JADCHERLA**

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MAHABUBNAGAR (DIST), T.S – 509301

**Department of Microbiology**

To  
The principal,  
Dr BRR Govt College,  
Jadcherla.

Date: 30-10-2021


Respected madam,

Sub: - Permission for organizing food festival on 2-11-21 in department of microbiology Req-Reg.....

With reference to subject cited above I am requesting your permission to organize food festival in department of microbiology on 2-11-2021 at open auditorium premises.

Thanking you madam

Yours faithfully

  
(M Srinivasa Rao)

4 per mittad 11  
30/10/2021

  
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## Notice

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Department of Microbiology

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**Notice**

Date: 30/10/2021

This is hereby informed to all Staff and students of this college that Food Festival is going to organize in Department of Microbiology on 2-11-2021. Hence we request you all to participate in this program make it a grand success.

*[Handwritten signatures and notes]*  
In-Charge  
Principal  
Chemistry Lab  
B.A. III yr.  
B.Sc II yr  
B.2CMLA

## POSTER

**DR. BRR GOVERNMENT COLLEGE - JADCHERLA**  
Accredited by NAAC with 'B' Grade/An ISO 9001-2015, Institution  
Mahabubnagar (DIST), Telangana state, India-509301  
Affiliated to Palamuru University  
Department of Microbiology  
**FOOD FESTIVAL**  
Date: 02-11-2021  
Venue: OPEN AUDITORIUM

*[Handwritten signature]*  
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**Idli**  
Fermented food

**Ingredients:**

- Urad dal.
- Idli rava.
- Salt.

**Nutritional value:**


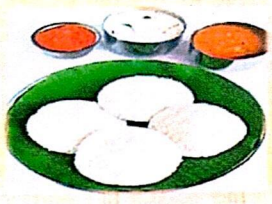
- Energy 40 kcal.
- Carbohydrates 7.89g.
- Calories 58.
- Fat 0.19g.
- Protein 1.91g.

**Benefits:**

- Low in calories.
- Good source of protein.
- Easy to digest.
- Highly nutritious.
- Rich in protein, vitamins & carbohydrates.

**Preparation:**

- Urad dal and idli rava is soaked for 6 hours .
- Grind it like paste.
- Mix both pastes together in large bowl and whisk them well .
- Make sure consistency is thick.
- Now the idle batter needs to fermented for over night .

**Dosa**

**Ingredients:**

- Rice.
- Urad dal.
- Sugar.
- Oil.

**Nutritional Value:**

1. Calories 112.
2. Carbohydrates 84%.
3. Protein 16%.
4. Rich in carbohydrate.

**Benefits:**



- Source of minerals.
- Low fat.
- High in proteins.
- Good for heart.
- Low in calories Rich.

**Disorder:**

- Diabetes.
- Digestive problems.

**Preparation:**

- Rice and urad dal is soaked for 6 hours.
- Grind it make it as batter.
- Then batter is allowed to ferment for overnight.

S.No	NAME	HALL TICKET NUMBER
1	A.Shivani	19033006457005
2	K. Krishnaveni	19033006457013
3	S. Sandhya rani	19033006457024
4	K. Jyothi	20033006457011
5	B. Swetha	20033006457003

  
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**Sandwich**

**Ingredients:**

- Bread slice.
- Butter.
- Cheeses
- Onion.
- Tomatoes.
- Mayonnaise.
- Bacon
- Chilli sauce.

**Nutritional value:**

- Fat 28g.
- Proteins 34g.
- Saturated fat 9.6g.

**Benefits :**



- Low calories, low fat, high rich calcium, rich fibre.
- Source of vitamin C.
- Source of folate.

**Disorders:**

- High fat.
- High calories.
- Low calcium.

**Preparation**

- Toast the bread with butter.
- Apply mayonnaise and chilli sauce on both sides of bread.
- Arrange all the veges on it.
- Add some cheese.
- Bake it on oven for 2 mins.

**BREAD OMLET**

**1. Ingredients**

- Bread slices
- Egg
- Green Chili
- Oil
- Red chili Powder
- Onion
- Salt
- Coriander powder
- Garam masala

**Nutritional Values**



- Calories From fat 146
- 20% Saturated Fat 3.98
- 124% Cholesterol 372 mg
- 25% Sodium 606 mg
- 10% Potassium 364 gm
- 11% Total Carbohydrates

**Health benefits**

- The major health benefits of bread omelet they are packed with protein and fats

**Unhealthy Benefits**

- It all depends on what you put in omelet

S.No	NAME	HALL TICKET NUMBER
1	K. Harshith Kumar	19033006457010
2	K. Bhavani	19033006457012
3	B. Yugendhar	19033006457006
4	M. Tharun	20033006457016
5	G. Ankitha	210330016457011

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### CHAPATHI

- Ingredients :-**
  - Wheat flour.
  - Salt.
  - Water.
  - Oil .
- Preparation:-**
  - Two cups Atta whole wheat flour 270 gm.
- Nutritional Facts :-**
  - Calories – 106.
  - Fat - 0.52 gm.
  - Carbohydrates – 22.32 gm.
  - Protein – 3.84 gm.
  - Saturated Fat - 0.091 gm.
  - Cholesterol – 0 mg.
  - Sodium – 195 mg.
  - Total Carbohydrate – 22.32 gm.
  - Dietary fiber – 2.8 gm .
  - Sugar – 0.11 gm.
  - Vitamin D ,C ,A.
  - Calcium - 8 mg.
  - Potassium – 1.24 mg.
- Healthy Benefits**
  - Low in calories but high in nutrients, including fiber, beneficial for digestive health.
  - People with diabetes can had to keep sugar levels lower .
- DISADVANTAGES**
  - Consumption of chapathi leads to weight loss .



### PANEER BUTTER MASALA

- Advantages**
  - Rich in protein it gets digested slowly and increase the amount of feeling full hormones like GLP-1, PYY and CCK.
  - A part from protein paneer is also rich in fat, iron, calcium and magnesium which make an even healthier choice.
- Disadvantages**
  - If you have a weak or sensitive digestive system it can cause bloating gas diarrhea and stomach pain.
  - It can bother for those or allergic to paneer.
- Preparation**
  - Pour hot water and add paneer for 15 to 20 min later dry the water and set aside.
  - Pour 1 tablespoon oil on hot pan add to green cardamoms and 1 cup cubed onions.
  - ½ cup of finely chopped tomatoes, ¼ teaspoon salt.
  - Add 1 teaspoon red chili powder, 1teaspoon Garam masala, 1 teaspoon coriander powder, 12 to 14 cashew nuts, ¼ teaspoon sugar cook it well.
  - Cool this completely adds to a blender pour one cup water blend this mixture well.
  - Heat a pan on a low flame adds some amount of butter on it.
  - When butter melts add all of the following spices.
  - To green cardamoms, one bay leaf, 1.2 inch cinnamon, 3 cloves.
  - Add ½ teaspoon ginger garlic paste.
  - Pour onion tomato add ¼ teaspoon red chili powder.
  - Immediately pour ½ cup water and mix well to bring it to a gravy consistency.
  - Add paneer stir it well and cover it for 1 to 3 min add 2 to 3 tablespoon cream and stir it.
- Ingredients**
  - Paneer
  - Oil
  - Onion
  - Green cardamoms
  - Tomato
  - Salt
  - Water
  - Bay leaf
  - Cinnamon
  - Cloves
  - Ginger garlic Paste
  - Red chili powder
  - Amul fresh cream
  - Butter
  - Cashew nuts
  - Coriander Leaves, Garam masala, Sugar.



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1	K. Ashwini	19033006457009
2	S. Pooja	19033006457023
3	P. Anitha	19033006457026
4	M. Uma Devi	20033006457019
5	T. Lavanya	210330064571033

  
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**CURD RICE**

**1. Ingredients**

- Rice
- Curd
- Ginger
- Green chili
- Coriander leaves
- Mustard Seeds
- Black gram
- Curry leaves
- Asafetida powder

**2. Nutrition Facts**


- Protein – 3.5gm
- Carbohydrates – 4.7gm
- Sugar – 4.7gm
- Fiber – 0 gm
- Fat - 3.3gm

**3. Advantages**

- Good for digestion
- Stronger immunity
- Healthy and glowing skin
- Reduces high blood pressure Prevents Vaginal infections
- Good for bone health
- 250 gm of curd contains about 275 mg of Calcium.

**4. Disadvantages**

- Do not heat curd at night because when we are prone it leads to cough and cold
- Curd consumption at night is not good for health it leads to mucus development



**Dahi vada**

**Ingredients:**

- Yogurt.
- Urad dal.
- Oil.
- Onions & mirchi.

**Nutritional value:**



- Calories 100g.
- Fat 2g.
- Cholesterol 0mg.
- Proteins 5g.
- Carbohydrates 16g.

**Benefits:**

- Improves digestion.
- Its helps to lose weight.
- Improves immunity.
- Improves vaginal health.

**Preparation:**

- Wash and soaked black gram for overnight.
- Grind the batter for the vada & deep fried vada are first put in water, then transfer to thick beaten yogurt.
- The vadas are soaked for a period of time before serving.
- Vadas may be topped with coriander leaves, chilli powder, pepper, chat masala, shredded coconut, thinly sliced fresh ginger.

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### SPROUTS

**Ingredients:**

- Chickpea.
- Green grams.
- Ground nuts.
- Cow peas.
- Carrot.
- Beetroot.

**Nutritional value:**

- Calories 42
- Cholesterol 0%
- Dietary fibre 15%
- Iron 7%
- Vitamin B6 10%
- Magnesium 5%



**Disorder:**

- No Disorders

**Preparation:**

First place the seeds in a bowl or jar .Then fill with water use around 2-3 times the water to seeds. keep them in a dark place at room temperature for 8-12 hrs once you soaked your seeds and started the germination process the next stage is to rinse and d them until they start sprouting.

### Butter Milk

**Ingredients:**

- Curd.
- Green Chilli.
- Coriander.
- Mint leaves.
- Ginger.
- Salt.
- Cumin Powder.
- Lemon juice.

**Nutritional value:**

- Total fat 0.9g
- Cholesterol 4mg
- Sodium 105 mg

**Benefits:**

- It is easier to digest than other dairy products.
- May support strong bones.
- Improve oral health.
- Its contain probiotics.

**Preparation:**

- Take mint leaves, coriander leaves , green chillies ,ginger in a jar and add curd.
- Add cumin powder, salt, lemon juice and water blend them to all together and add ice.
- Pour in the bowl.
- Take a pan and add oil cumin seeds and curry leaves fry them and add it to the bowl.

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1	K. Vinnethabai	20033006457012
2	A.Vamshi	20033006457001
3	Tazaina Mahveen	19033006457025
4	Ruhi Fathima	19033006457003
5	B. Hemanth	210330064571006

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**ROSE COOKS**

**Ingredients:-**

- Maida
- Sugar
- Milk
- Eggs
- Ghee
- Oil

**Nutritional values:-**


- Energy – 96 Cal
- Protein – 1.2 gm
- Carbohydrates – 12 gm
- Fiber – 0.2 gm
- Fat – 5 gm
- Cholesterol – 0 mg
- Vitamin – A 47 mg
- Vitamin – B<sub>1</sub> 0.4 mg
- Vitamin – B<sub>2</sub> 4 mg
- Calcium – 4.2 mg
- Iron – 0.4 mg
- Potassium – 16 mg
- Sodium – 1 mg
- Magnesium – 7 mg
- Phosphorus – 14 mg

**Health benefits:-**

- Milk contains several vitamins, Minerals.
- It helps to lower the blood pressure and cholesterol.
- It can be helpful for weight loss.
- It contains nutrients that are good for eyes and as they are high in protein and helps in bone and muscle health.

**Procedure:-**

- Beat the eggs in a bowl add the sugar mix it well until the sugar melts in egg.
- Then add ghee and maida in to the mixture.
- Keep mixing using the milk little at a time, to make smooth batter without lumps keep aside rest for 15 min.
- Later dip the mold in to the batter and then dip in to the oil wait for a minute and remove they mold.
- The dish gets ready to serve.



**VEG PULAO**

**Ingredients :-**

- Onion
- Basmathi Rice
- Garam Masala
- Carrot
- Salt
- Potato
- Peas

**Nutritional Values :-**

• Carbohydrates	28.6
• Calories	359
• Protein	2.6
• Fat	6.1

**Benefits :-**


- This is a dish that is healthy with all the right vitamins nutrients and minerals.
- This dish is made with aromatic long grains cooked with mixed healthy vegetables and spices

**Disadvantages:-**

- Imbalanced nutrition most vegetables whether non starchy or starchy are high in carbohydrates.
- Lack of taste.
- Contamination Risk.

**Preparation:-**

- Wash and soak Basmathi rice for 30 min.
- Add ghee and oil and masalas mix it well add the chopped veggies.
- Stir it well and add salt, Add the water after drain add the basmathi rice.



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2	P. Shiva Kumar	19033006457019
3	J. Lidia rose	20033006457010
4	M. Deepika	20033006457017
5	B .Giri	210330064571008

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