

Andhra Christian College::Guntur



Community Service Project on

“FOOD HABITS OF PEOPLE AND THEIR IMPACT”
IN WARD NO.10, NOWLURU

Submitted to:
DEPARTMENT OF CHEMISTRY

By
BULLA. VARALAKSHMI
Regd No:Y213022016

Name of the supervisor
DR.M.KUSUMA KUMARI IN CHEMISTRY

2022-2023

DECLARATION

I here by declare that the Community Service Project work entitled "**STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO. 10, NOWLURU**" has done by me as a requirement to complete the B.Sc degree programme in Science has not submitted earlier to any institution either in full or partly forward of any certificate/degree to the best of knowledge.

B. Viree Lakshmi
Signature of the Student

ACKNOWLEDGEMENT

I am thankful to the Government of Andhra Pradesh, Andhra Pradesh State Council of Higher Education, Vijawada for designing such a nice programme. I am very thankful to the Commissioner of Collegiate Education, Vijayawada for developing a Standard Operational Procedure and guide lines, taking utmost care in the execution of the project and taking care of all necessary arrangements for Intern-ships for our student community development. I am very grateful you sir, for your efforts for our better employment and future

Thanks are extended to our college Principal **Dr. K. MOSES, Dr. MKUSUMA KUMARI** mentor of Community Service Project for their guidance and support in planning, execution and completion of this Community Service Project.

I would like to express my heartfelt thanks to the people of **NOWLURU 10th WARD**, Ward member and Ward Volunteer for their support in acquiring data for this Project.

I express my thanks to my parents and friends who supported in entire process of my Community Service Project.

BULLA VARALAKSHMI

- Student name

ACKNOWLEDGEMENT

I am thankful to the Government of Andhra Pradesh, Andhra Pradesh State Council of Higher Education, Vijawada for designing such a nice programme. I am very thankful to the Commissioner of Collegiate Education, Vijayawada for developing a Standard Operational Procedure and guide lines, taking utmost care in the execution of the project and taking care of all necessary arrangements for Intern-ships for our student community development. I am very grateful you sir, for your efforts for our better employment and future

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I would like to express my heartfelt thanks to the people of **NOWLURU 10th WARD**, Ward member and Ward Volunteer for their support in acquiring data for this Project.

I express my thanks to my parents and friends who supported in entire process of my Community Service Project.

BULLA.VARALAKSHMI

- Student name

1. INTRODUCTION

My project name is "**FOOD HABITS OF THE PEOPLE AND THEIR IMPACT LOCATED IN WARD NO 10, NOWLURU**". I did my project with 30 members in a week. According to my survey

I found that most of the people are uneducated. They have little knowledge about food habits.

But they don't know about healthy food habits. So, I'm taking this project to inform them about healthy Food habits.

Now coming to my survey some of the people interested in eating veg while others are non veg.

According to them, they eat healthy food daily. 90 percentage of people ate Breakfast within 3 hours of waking up because of their work.

In my locality all are taking leafy vegetables 3 times per a week. People are taking their food 3 times per a day.

Now a day so many people are struggling due to diabetes, so they don't interest in sweets. They don't Follow diet charts. Young aged people are interested in cold drinks while old aged people are at soft drinks, like junk food. Due to cardiac problems most of the people are interested in sunflower oil.

In my locality all are labor workers so they prefer fruits mostly. Water is the most important thing to a laborer so most of the people are taking 4 liters daily. Now a days people eat rice 2 times per a day due to some health reasons. They prefer idly as breakfast so they eat food 3 times per a day.

Actually, the place Guntur is located in the coastal area so we have sufficient fish to eat. During the weekend everyone prefers their home made fresh non-veg food. They took food one hour before going to sleep.

Food: Any nutrition substance that people eat or drink or those plants absorb in order to maintain life and growth.

Food is usually of plant, animal or fungal origin, and contains essential nutrients such as carbohydrates, fat and proteins, vitamins or minerals. The substance is ingested by an organism and assimilated by the organism cells to provide energy, maintain life or stimulate the growth.

Types of food:

1. Vegetables
2. Fruits
3. Meat and Poultry
4. Grains Beans and Nuts
5. Fish and Seafood
6. Dairy Foods
7. Proteins

Healthy food:

That provides you with nutrients you need to sustain your body's well-being and retain energy.

Water, carbohydrates, proteins, vitamins, and minerals are the key nutrients that make a healthy balanced diet.

Most Popular Dishes in India:

1. Sweet Potatoes and Cauliflower
2. Palak Paneer
3. Chicken Tikka Masala
4. Fish Curry
5. Butter Chicken
6. Chana Masala
7. Biryani
8. Kebab

LOCAL FOODS OF ANDHRA PRADES

1. Puli hora
2. Kodi Pulao
3. Gongura mutton
4. Natukodi pulusu
5. Chilli chicken
6. Gutti Vankaya Kura
7. Mudda Pappu with Avakai and Ghee
8. Ulava Charu
9. Gongura Pachadi



VEG FOOD ITEMS IN ANDHRA PRADESH:

1. Paneer
2. Sweet Potatoes
3. Cucumber
4. Veg Biryani
5. Tomato Soup



NON VEG FOOD ITEMS IN ANDHRA PRADESH:-

1. Chicken
2. Mutton
3. Fish
4. Prawns
5. Crabs
6. Meat



Modern Food Vs Traditional Food

Modern food:

1. Burgers
2. Pizza
3. French Fries
4. Milkshake
5. Sausages



Traditional food:

1. Pongal
2. Dhokla
3. Pootharekulu
4. Appam
5. MisalPav



Famous food in Andhra Pradesh:

1. Royyala Yeppadu
2. PulasaPulusu
3. GuttiVankayaKura
4. GonguraPachadi
5. GonguraMutton
6. NatuKodi Pulusu
7. AkuraPappu
8. Pesarattu
- 9..Kodi Pulao



Famous food in Telangana:

1. SarvaPindi
2. Malidala
3. Sakinala
4. Garjalu
5. GolichinaMamsam
6. PachiPulusu
7. Hyderabad Biryani

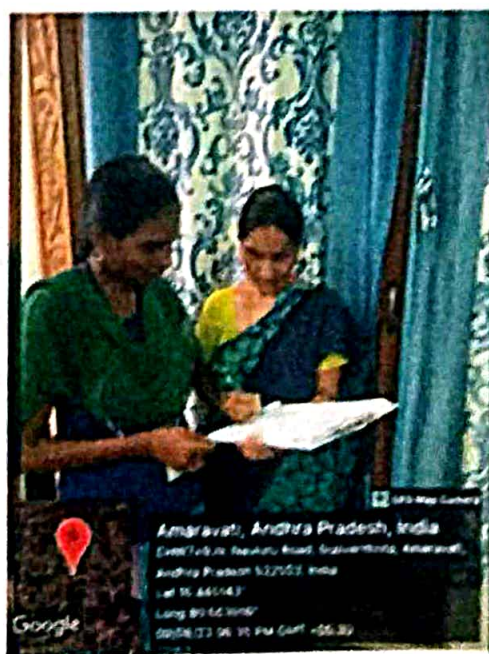
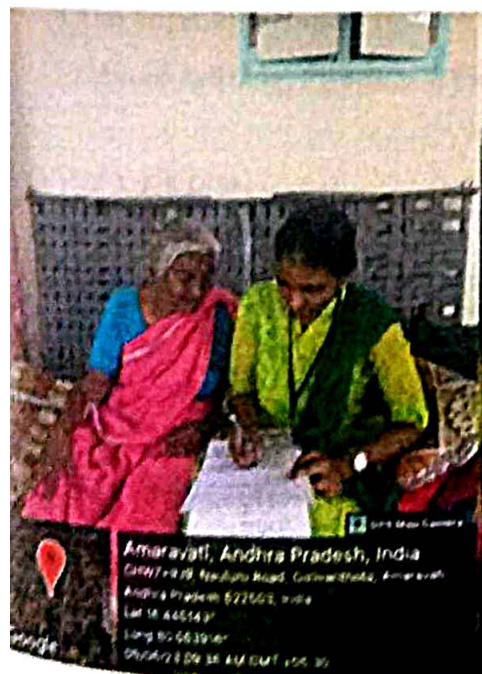
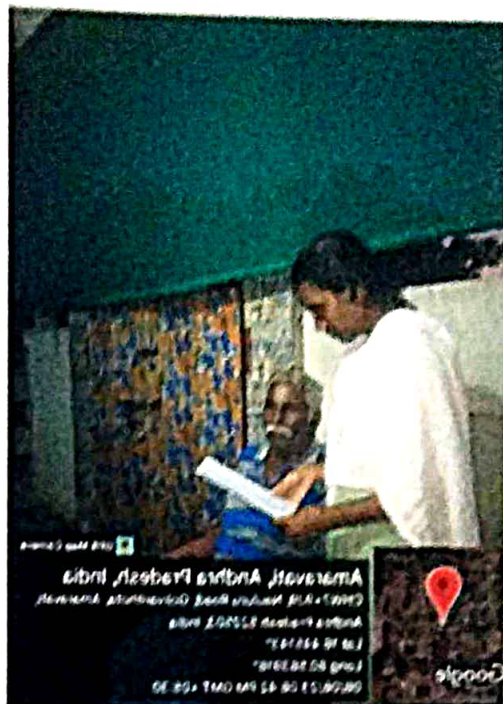


2. OBJECTIVES:

1. To describe about importance of Food and Nutrition for health
2. To determine Information About Good Health Habits
3. To describe First Aid Safety Measures
4. To describe Certain Common Diseases and Their Prevention and Control
5. To describe Mental Health and Personal Hygiene

Main Effects of Food Habits

1. Being Over Weight or Obese
2. Tooth Decay
3. High Blood Pressure
4. High Cholesterol
5. Some Cancers
6. Heart disease and Stroke
7. Diabetes



Andhra Christian College::Guntur



CERTIFICATE

This is to certify that Mr/Ms BULLA. VARALAKSHMI

Bearing Regd No Y213022016 is a student of B.Sc (MPC).

She has done the Community Service Project work entitled "**STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO.10, NOWLURU**" and submitted to

Department of Chemistry, Andhra Christian Degree College, Guntur.

During the academic year 2022-2023 as a requirement to complete the

B.Sc degree Programme under my supervision.

Signature of the Mentor/Supervisor

Andhra Christian College::Guntur



Community Service Project on

**“FOOD HABITS OF PEOPLE AND THEIR IMPACT”
IN WARD NO.23, GUNTUR**

**Submitted to:
DEPARTMENT OF CHEMISTRY**

**By
B. PRASANNA PAU**

Regd No: Y213022015

Name of the supervisor

DR.M.KUSUMA KUMARI IN CHEMISTRY

2022-2023

ACKNOWLEDGEMENT

I am thankful to the Government of Andhra Pradesh, Andhra Pradesh State Council of Higher Education, Vijawada for designing such a nice programme. I am very thankful to the Commissioner of Collegiate Education, Vijayawada for developing a Standard Operational Procedure and guide lines, taking utmost care in the execution of the project and taking care of all necessary arrangements for Intern-ships for our student community development. I am very grateful you sir, for your efforts for our better employment and future

Thanks are extended to our college Principal **Dr. K. MOSES, Dr. M.KUSUMA KUMARI** mentor of Community Service Project for their guidance and support in planning, execution and completion of this Community Service Project.

I would like to express my heartfelt thanks to the people of **GUNTUR 23th WARD**, Ward member and Ward Volunteer for their support in acquiring data for this Project.

I express my thanks to my parents and friends who supported in entire process of my Community Service Project.

B.PRASANNA BABU

- Student name

Andhra Christian College::Guntur



CERTIFICATE

This is to certify that Mr/Ms **B.PRASANNA BABU**

Bearing Regd No **Y213022015** is a student of B.Sc (MPC).

She has done the Community Service Project work entitled "**STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO.23, GUNTUR**" and submitted to Department of Mathematics, Andhra Christian Degree College, Guntur.

During the academic year 2022-2023 as a requirement to complete the B.Sc degree Programme under my supervision.

Signature of the Mentor/Supervisor

Andhra Christian College::Guntur



Community Service Project on

**“FOOD HABITS OF PEOPLE AND THEIR IMPACT”
IN WARD NO.06, GUNTUR**

Submitted to:
DEPARTMENT OF CHEMISTRY

By
CH.DAIVA PRASAD

Regd No:Y213022017

Name of the supervisor

DR.M.KUSUMA KUMARI IN CHEMISTRY

2022-2023

DECLARATION

I here by declare that the Community Service Project work entitled **STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO. 06, GUNTUR** has done by me as a requirement to complete the B Sc degree programme in Science has not submitted earlier to any institution either in full or partly forward of any certificate/degree to the best of knowledge.

Signature of the Student

ACKNOWLEDGEMENT

I am thankful to the Government of Andhra Pradesh, Andhra Pradesh State Council of Higher Education, Vijawada for designing such a nice programme. I am very thankful to the Commissioner of Collegiate Education, Vijayawada for developing a Standard Operational Procedure and guide lines, taking utmost care in the execution of the project and taking care of all necessary arrangements for Intern-ships for our student community development. I am very grateful you sir, for your efforts for our better employment and future

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I would like to express my heartfelt thanks to the people of **GUNTUR 06th WARD**, Ward member and Ward Volunteer for their support in acquiring data for this Project.

I express my thanks to my parents and friends who supported in entire process of my Community Service Project.

CH.DAIVA PRASAD

- *Student name*

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2. Objective
3. Socio Economic Survey
 - i. Questionnaire
 - ii. Log Book
4. Problems identified
 - i. Analysis of the survey
5. Action Plan
6. Community Awareness Program
7. Conclusion
8. References

1. INTRODUCTION

My project name is "**FOOD HABITS OF THE PEOPLE AND THEIR IMPACT LOCATED IN WARD NO 06, GUNTUR**", I did my project with 30 members in a week. According to my survey

I found that most of the people are uneducated. They have little knowledge about food habits.

But they don't know about healthy food habits. So, I'm taking this project to inform them about healthy Food habits.

Now coming to my survey some of the people interested in eating veg while others are non veg.

According to them, they eat healthy food daily. 90 percentage of people ate Breakfast within 3 hours of waking up because of their work.

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Now a day so many people are struggling due to diabetes, so they don't interest in sweets. They don't Follow diet charts. Young aged people are interested in cold drinks while old aged people are at soft drinks, like junk food. Due to cardiac problems most of the people are interested in sunflower oil.

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VEG FOOD ITEMS IN ANDHRA PRADESH:

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Modern Food Vs Traditional Food

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Traditional food:

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2. Dhokla
3. Pootharekulu
4. Appam
5. MisalPav



Famous food In Andhra Pradesh:

1. Royyala Yeppadu
2. PulasaPulusu
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4. GonguraPachadi
5. GonguraMutton
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Famous food in Telangana:

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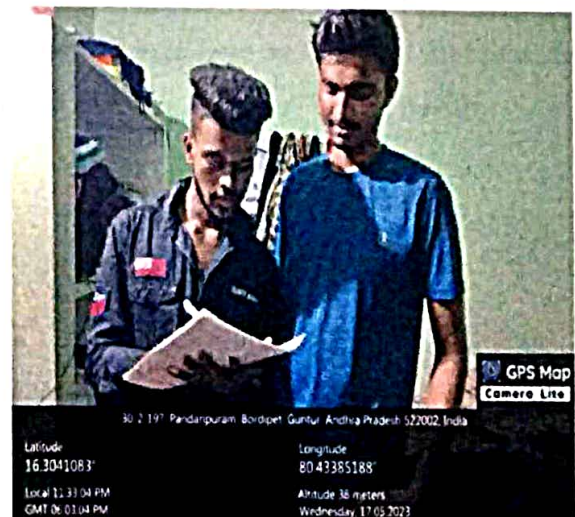
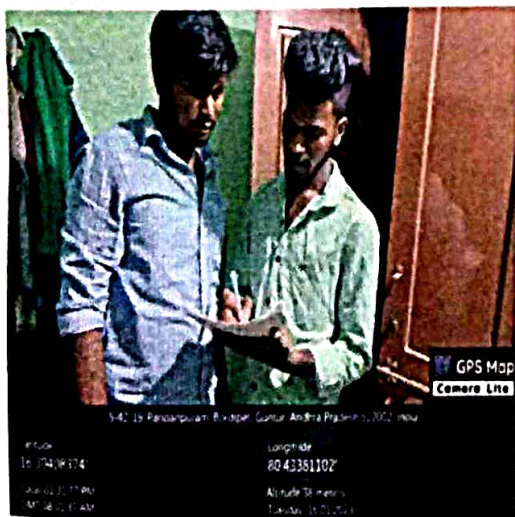
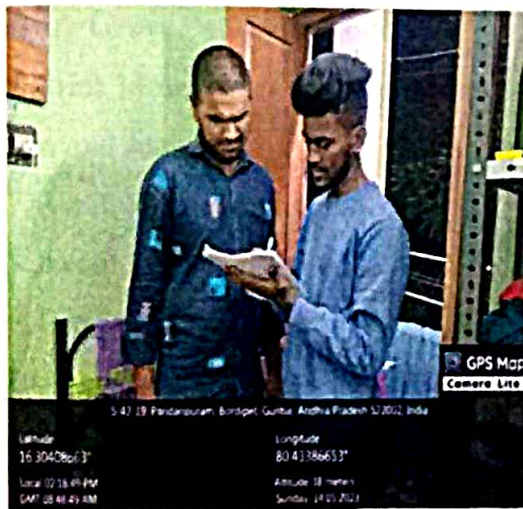
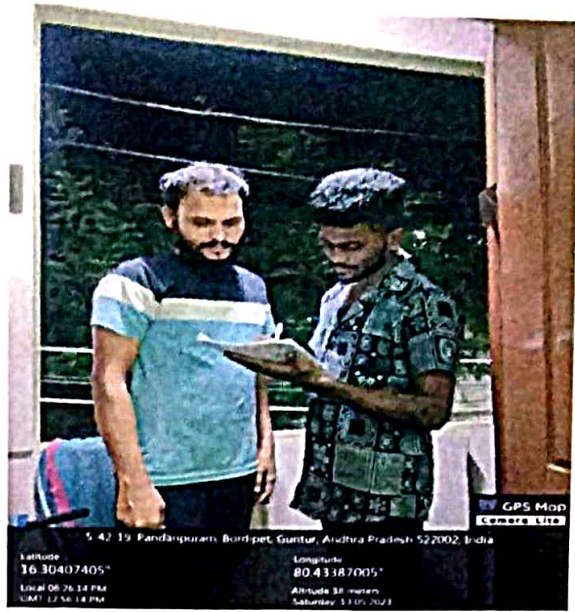
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5. To describe Mental Health and Personal Hygiene

Main Effects of Food Habits

1. Being Over Weight or Obese
2. Tooth Decay
3. High Blood Pressure
4. High Cholesterol
5. Some Cancers
6. Heart disease and Stroke
7. Diabetes

Awareness proram Community:



3. ACTION PLAN

THEME	ACTION	TYPE OF AUDIENCE	PROGRESS
Food Habits	Given a seminar to about food habits	Family members	Completed
Healthy Diet	Provide presentation on healthy diet	Women	Completed
Good Food	Provide a Presentation on Good food	Householders	Completed
Diet Control	Given a awareness program about diet control	Women	Completed
Benefits of Good Food	Given Presentation on benefits of good habits	Women	Completed
Low sugar	About Low Sugar	Men& Women	Completed
Low Salt in foods	About Low Salt In Foods	Men& women	Completed

Andhra Christian College::Guntur



CERTIFICATE

This is to certify that Mr/Ms **CH.DAIVA PRASAD**

Bearing Regd No..... **Y213022017** is a student of B.Sc (MPC).

She has done the Community Service Project work entitled **"STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO.06, GUNTUR"** and submitted to Department of chemistry, Andhra Christian Degree College, Guntur.

During the academic year 2022-2023 as a requirement to complete the B.Sc degree Programme under my supervision.

Signature of the Mentor/Supervisor

Andhra Christian College::Guntur



Community Service Project on

**“FOOD HABITS OF PEOPLE AND THEIR IMPACT”
IN WARD NO.03, PRATHIPADU**

**Submitted to:
DEPARTMENT OF CHEMISTRY**

**By
K. CHARAN
Regd No:Y213022021**

Name of the supervisor

DR.M.KUSUMA KUMARI IN CHEMISTRY

2022-2023

DECLARATION

I hereby declare that the Community Service Project work entitled "**STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO. 03, PRATHIPADU**" has been done by me as a requirement to complete the B.Sc degree programme in Science has not been submitted earlier to any institution either in full or partly forward of any certificate/degree to the best of knowledge.

K. Charan

Signature of the Student

ACKNOWLEDGEMENT

I am thankful to the Government of Andhra Pradesh, Andhra Pradesh State Council of Higher Education, Vijawada for designing such a nice programme. I am very thankful to the Commissioner of Collegiate Education, Vijayawada for developing a Standard Operational Procedure and guide lines, taking utmost care in the execution of the project and taking care of all necessary arrangements for Intern-ships for our student community development. I am very grateful you sir, for your efforts for our better employment and future

Thanks are extended to our college Principal **Dr. K. MOSES, Dr. M.KUSUMA KUMARI** mentor of Community Service Project for their guidance and support in planning, execution and completion of this Community Service Project.

I would like to express my heartfelt thanks to the people of **PRATHIPADU 03th WARD**, Ward member and Ward Volunteer for their support in acquiring data for this Project.

I express my thanks to my parents and friends who supported in entire process of my Community Service Project.

k. Charan.
K.CHARAN

Student name

Andhra Christian College::Guntur



CERTIFICATE

This is to certify that Mr/Ms K.CHARAN

Bearing Regd No Y213022021 is a student of B.Sc (MPC).

She has done the Community Service Project work entitled "**STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO.03, PRATHIPADU**" and submitted to Department of Chemistry, Andhra Christian Degree College, Guntur.

During the academic year 2022-2023 as a requirement to complete the B.Sc degree Programme under my supervision.

Signature of the Mentor/Supervisor

Andhra Christian College::Guntur



Community Service Project on

"FOOD HABITS OF PEOPLE AND THEIR IMPACT"
IN WARD NO.10, CHIRALA

Submitted to:
DEPARTMENT OF CHEMISTRY

By
K.MADHUKUMAR
Regd No:Y213022020

Name of the supervisor
DR.M.KUSUMA KUMARI IN CHEMISTRY

2022-2023

DECLARATION

I here by declare that the Community Service Project work entitled **"STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO. 10, CHIRALA"** has done by me as a requirement to complete the B.Sc degree programme in Science has not submitted earlier to any institution either in full or partly forward of any certificate/degree to the best of knowledge.

K. Madhu Kumar

Signature of the Student

ACKNOWLEDGEMENT

I am thankful to the Government of Andhra Pradesh, Andhra Pradesh State Council of Higher Education, Vijawada for designing such a nice programme. I am very thankful to the Commissioner of Collegiate Education, Vijayawada for developing a Standard Operational Procedure and guide lines, taking utmost care in the execution of the project and taking care of all necessary arrangements for Intern-ships for our student community development. I am very gratefull you sir, for your efforts for our better employment and future

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I would like to express my heartfelt thanks to the people of **CHIRALA 10th WARD**, Ward member and Ward Volunteer for their support in acquiring data for this Project.

I express my thanks to my parents and friends who supported in entire process of my Community Service Project.

K. Madhukumar

K.MADHUKUMAR

- Student name

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i. Questionnaire

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4. Problems identified

i. Analysis of the survey

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Andhra Christian College::Guntur



CERTIFICATE

This is to certify that Mr/Ms **K.MADIHUKUMAR**

Bearing Regd No..... **Y213022020** is a student of B.Sc (MPC).

She has done the Community Service Project work entitled **"STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO.10, CHIRALA"** and submitted to Department of Chemistry, Andhra Christian Degree College, Guntur.

During the academic year 2022-2023 as a requirement to complete the B.Sc degree Programme under my supervision.

Signature of the Mentor/Supervisor

Andhra Christian College::Guntur



Community Service Project on

“FOOD HABITS OF PEOPLE AND THEIR IMPACT”
IN WARD NO.19, GUNTUR

Submitted to:
DEPARTMENT OF CHEMISTRY

By
MD. SULTAN SHAREEF
Regd No:Y213022022

Name of the supervisor

DR.M.KUSUMA KUMARI IN CHEMISTRY

2022-2023

DECLARATION

I here by declare that the Community Service Project work entitled **"STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO. 14 GUNTUR"** has done by me as a requirement to complete the B.Sc degree programme in Science has not submitted earlier to any institution either in full or partly forward of any certificate degree to the best of knowledge.



Signature of the Student

ACKNOWLEDGEMENT

I am thankful to the Government of Andhra Pradesh, Andhra Pradesh State Council of Higher Education, Vijawada for designing such a nice programme. I am very thankful to the Commissioner of Collegiate Education, Vijayawada for developing a Standard Operational Procedure and guide lines, taking utmost care in the execution of the project and taking care of all necessary arrangements for Intern-ships for our student community development. I am very grateful you sir, for your efforts for our better employment and future

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I would like to express my heartfelt thanks to the people of GUNTUR 19th WARD, Ward member and Ward Volunteer for their support in acquiring data for this Project.

I express my thanks to my parents and friends who supported in entire process of my Community Service Project.

MD. SULTAN SHARJEF

- Student name

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Andhra Christian College::Guntur



CERTIFICATE

This is to certify that Mr/Ms MD. SULTAN SHAREEF

Bearing Regd No Y213022022 is a student of B.Sc (MPC).

She has done the Community Service Project work entitled **"STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO.40, GUNTUR"** and submitted to Department of Chemistry, Andhra Christian Degree College, Guntur.

During the academic year 2022-2023 as a requirement to complete the B.Sc degree Programme under my supervision.

Signature of the Mentor/Supervisor

Andhra Christian College::Guntur



Community Service Project on

**“FOOD HABITS OF PEOPLE AND THEIR IMPACT”
IN WARD NO.40,GUNTUR**

Submitted to:
DEPARTMENT OF CHEMISTRY

By
SEENASEEMA
Regd No:Y213022024

Name of the supervisor

DR.M.KUSUMA KUMARI IN CHEMISTRY

2022-2023

ACKNOWLEDGEMENT

I am thankful to the Government of Andhra Pradesh, Andhra Pradesh State Council of Higher Education, Vijawada for designing such a nice programme. I am very thankful to the Commissioner of Collegiate Education, Vijayawada for developing a Standard Operational Procedure and guide lines, taking utmost care in the execution of the project and taking care of all necessary arrangements for Intern-ships for our student community development. I am very grateful you sir, for your efforts for our better employment and future

Thanks are extended to our college Principal **Dr. K. MOSES ,Dr. M.KUSUMA KUMARI** mentor of Community Service Project for their guidance and support in planning, execution and completion of this Community Service Project.

I would like to express my heartfelt thanks to the people of **GUNTUR 40RD WARD**, Ward member and Ward Volunteer for their support in acquiring data for this Project.

I express my thanks to my parents and friends who supported in entire process of my Community Service Project.

SK.NASEEMA

. Student name

Andhra Christian College::Guntur



CERTIFICATE

This is to certify that Mr/Ms SK. NASEEMA

Bearing Regd No Y213022024 is a student of B.Sc (MPC).

She has done the Community Service Project work entitled **"STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO.40, GUNTUR"** and submitted to Department of Chemistry, Andhra Christian Degree College, Guntur.

During the academic year 2022-2023 as a requirement to complete the B.Sc degree Programme under my supervision.

Signature of the Mentor/Supervisor

Andhra Christian College:Guntur



Community Service Project on
**A STUDY ON FOOD HABITS OF PEOPLE
IN WARD NO. 24, GUNTUR**

Submitted to

Department of Chemistry

By

Ms. Manasa

Regd. No.: Y213022025

Name of the supervisor

Dr. M. KUSUMA KUMARI
Lecturer in Chemistry

2022- 2023

Andhra Christian College::Guntur



CERTIFICATE

This is to certify that Miss Sk.Nazeera, bearing Regd. No. Y213022025 is a student of B.Sc.. He has done the Community Service Project work entitled **"A STUDY ON FOOD HABITS OF PEOPLE IN WARD NO. 24, GUNTUR"** and submitted to the Department of Chemistry, Andhra Christian College, Guntur during the academic year 2022-2023 as a requirement to complete the B.Sc.degree Programme under my supervision.

Signature of the Mentor / Supervisor

ACKNOWLEDGEMENT

I am thankful to the Government of Andhra Pradesh, Andhra Pradesh State Council of Higher Education, Vijayawada for designing such a nice programme. I am very thankful to the Commissioner of Collegiate Education, Vijayawada for developing a Standard Operational Procedure and guidelines, taking utmost care in the execution of the project and taking care of all necessary arrangements for internships for our student community development. I am very grateful to you sir, for your efforts for our better employment and future.

Thanks are extended to our college Principal Dr. K.Moses, Dr. M. Kusuma Kumari, mentor of Community Service Project for their guidance and support in planning, execution and completion of this Community Service Project.

I would like to express my heartfelt thanks to the people of Guntur 24th Ward and Ward Volunteer for their support in acquiring data for this Project.

I express my thanks to my parents and friends who supported in entire process of my Community Service Project.

SK.NAZEERA

Andhra Christian College:: Guntur



Community Service Projecton

“FOOD HABITS OF PEOPLE AND THEIR IMPACT”
IN WARD NO. 18, GUNTUR

Submitted to:
DEPARTMENT OF CHEMISTRY

By
T. JEEVASARANU
Regd No: Y213022026

Name of the supervisor

DR. M. KUSUMAKUMARI IN CHEMISTRY

2022-2023

Andhra Christian College:: Guntur



CERTIFICATE

This is to certify that Mr/Ms T.JEEVASARANU

Bearing Regd No Y213022026 is a student of B.Sc (MPC).

She has done the Community Service Project work entitled "**STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO.18, GUNTUR**" and submitted to

Department of Chemistry, Andhra Christian Degree College, Guntur.

During the academic year 2022-2023 as a requirement to complete the B.Sc degree Programme under my supervision.

Signature of the Mentor/Supervisor

DECLARATION

I hereby declare that the Community Service Project work entitled "**STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO. 18, GUNTUR**" has

done by me as a requirement to complete the B.Sc degree programme in Science has not submitted earlier to any institution either in full or partly forward of any certificate/degree to the best of knowledge.

Signature of the Student

Andhra Christian College::Guntur



Community Service Project on

**"FOOD HABITS OF PEOPLE AND THEIR IMPACT"
IN WARD NO.25, PONNUR**

**Submitted to:
DEPARTMENT OF CHEMISTRY**

**By
Y.NAGA BHARGAVI
Regd No:Y213022027**

Name of the supervisor

DR.M.KUSUMA KUMARI IN CHEMISTRY

2022-2023

DECLARATION

I here by declare that the Community Service Project work entitled **"STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO. 25, PONNUR"** has done by me as a requirement to complete the B.Sc degree programme in Science has not submitted earlier to any institution either in full or partly forward of any certificate/degree to the best of knowledge.

Signature of the Student

ACKNOWLEDGEMENT

I am thankful to the Government of Andhra Pradesh, Andhra Pradesh State Council of Higher Education, Vijawada for designing such a nice programme. I am very thankful to the Commissioner of Collegiate Education, Vijayawada for developing a Standard Operational Procedure and guide lines, taking utmost care in the execution of the project and taking care of all necessary arrangements for Intern-ships for our student community development. I am very grateful you sir, for your efforts for our better employment and future

Thanks are extended to our college Principal Dr. K. MOSES, Dr. M.KUSUMA KUMARI mentor of Community Service Project for their guidance and support in planning, execution and completion of this Community Service Project.

I would like to express my heartfelt thanks to the people of PONNUR 25th WARD, Ward member and Ward Volunteer for their support in acquiring data for this Project.

I express my thanks to my parents and friends who supported in entire process of my Community Service Project.

Y. NAGA BHARGAVI

- Student name

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1. INTRODUCTION

My project name is "**FOOD HABITS OF THE PEOPLE AND THEIR IMPACT LOCATED IN WARD NO 25, PONNUR**". I did my project with 30 members in a week. According to my survey I found that most of the people are uneducated. They have little knowledge about food habits.

But they don't know about healthy food habits. So, I'm taking this project to inform them about healthy Food habits.

Now coming to my survey some of the people interested in eating veg while others are non veg.

According to them, they eat healthy food daily. 90 percentage of people ate Breakfast within 3 hours of waking up because of their work.

In my locality all are taking leafy vegetables 3 times per a week. People are taking their food 3 times per a day.

Now a day so many people are struggling due to diabetes, so they don't interest in sweets. They don't Follow diet charts. Young aged people are interested in cold drinks while old aged people are at soft drinks, like junk food. Due to cardiac problems most of the people are interested in sunflower oil.

In my locality all are labor workers so they prefer fruits mostly. Water is the most important thing to a laborer so most of the people are taking 4 liters daily. Now a days people eat rice 2 times per a day due to some health reasons. They prefer idly as breakfast so they eat food 3 times per a day.

Actually, the place Guntur is located in the coastal area so we have sufficient fish to eat. During the weekend everyone prefers their home made fresh non-veg food. They took food one hour before going to sleep.

Food: Any nutrition substance that people eat or drink or those plants absorb in order to maintain life and growth.

Food is usually of plant, animal or fungal origin, and contains essential nutrients such as carbohydrates, fat and proteins, vitamins or minerals. The substance is ingested by an organism and assimilated by the organism cells to provide energy, maintain life or stimulate the growth.

Types of food:

1. Vegetables
2. Fruits
3. Meat and Poultry
4. Grains Beans and Nuts
5. Fish and Seafood
6. Dairy Foods
7. Proteins

Healthy food:

That provides you with nutrients you need to sustain your body's well-being and retain energy.

Water, carbohydrates, proteins, vitamins, and minerals are the key nutrients that make a healthy balanced diet.

Most Popular Dishes in India:

1. Sweet Potatoes and Cauliflower
2. Palak Paneer
3. Chicken Tikka Masala
4. Fish Curry
5. Butter Chicken
6. Chana Masala
7. Biryani
8. Kebab

LOCAL FOODS OF ANDHRA PRADES

1. Puli hora
2. Kodi Pulao
3. Gongura mutton
4. Natukodi pulusu
5. Chilli chicken
6. Gutti Vankaya Kura
7. Mudda Pappu with Avakai and Ghee
8. Ulava Charu
9. Gongura Pachadi



VEG FOOD ITEMS IN ANDHRA PRADESH:-

1. Paneer
2. Sweet Potatoes
3. Cucumber
4. Veg Biryani
5. Tomato Soup



NON VEG FOOD ITEMS IN ANDHRA PRADESH:-

1. Chicken
2. Mutton
3. Fish
4. Prawns
5. Crabs
6. Meat



Modern Food Vs Traditional Food

Modern food:

1. Burgers
2. Pizza
3. French Fries
4. Milkshake
5. Sausages



Traditional food:

1. Pongal
2. Dhokla
3. Pootharekulu
4. Appam
5. MisalPav



Famous food in Andhra Pradesh:

1. Royyala Yeppadu
2. PulasaPulusu
3. GuttiVankayaKura
4. GonguraPachadi
5. GonguraMutton
6. NatuKodi Pulusu
7. AkuraPappu
8. Pesarattu
- 9..Kodi Pulao



Famous food in Telangana:

1. SarvaPindi.
2. Malidalu.
3. Sakinalu.
4. Garijalu.
5. GolichinaMamsam.
6. PachiPulusu.
7. Hyderabad Biryani



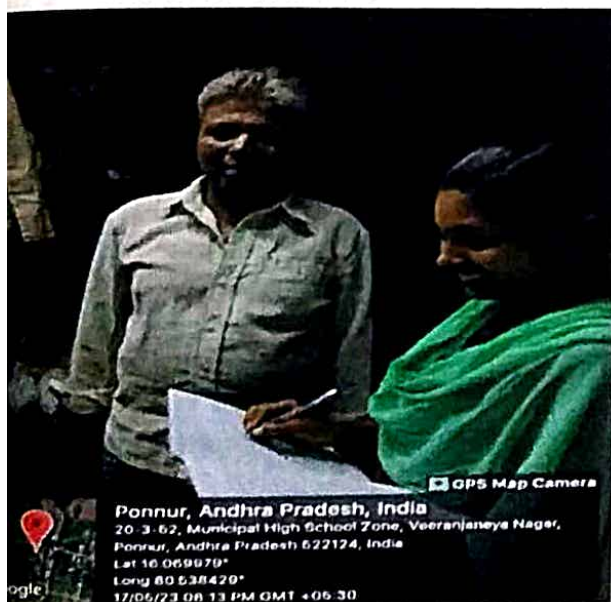
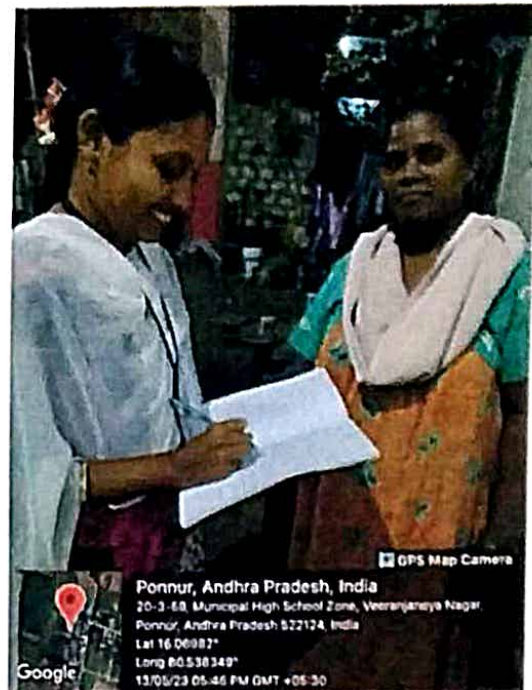
2. OBJECTIVES:

1. To describe about importance of Food and Nutrition for health
2. To determine Information About Good Health Habits
3. To describe First Aid Safety Measures
4. To describe Certain Common Diseases and Their Prevention and Control
5. To describe Mental Health and Personal Hygiene

Main Effects of Food Habits

1. Being Over Weight or Obese
2. Tooth Decay
3. High Blood Pressure
4. High Cholesterol
5. Some Cancers
6. Heart disease and Stroke
7. Diabetes

Awareness Program Community:



Andhra Christian College::Guntur



CERTIFICATE

This is to certify that Mr/Ms **Y. NAGA BHARGAVI**

Bearing Regd No **Y213022027** is a student of B.Sc (MPC).

She has done the Community Service Project work entitled **"STUDY ON FOOD HABITS OF PEOPLE AND THEIR IMPACT WARD NO.25, PONNUR"** and submitted to Department of Mathematics, Andhra Christian Degree College, Guntur.

During the academic year 2022-2023 as a requirement to complete the B.Sc degree Programme under my supervision.

Signature of the Mentor/Supervisor