

‘YUVA PRATIBHA - Culinary Talent Hunt’

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INTERNATIONAL YEAR OF **MILLETS** 2023

About:

- The purpose of this competition is to bring out the lost recipes and promote the culinary talents of young and aspiring chefs and home cooks.

- The aim to create awareness and increase the production and consumption of millet, the year 2023 has been declared as the International Year of the Millets by the United Nations.
 - The fusion of millets in this competition provides a unique opportunity for participants to showcase their creativity and innovation in cooking with healthy and sustainable ingredients.
 - This will create awareness of the contribution of nutri-cereals (millets) for food security and nutrition.
 - The contest is open to the citizens of India within the age group of 18 to 40 years.
 - The dish should be home-cooked, wherein 50 percent of the ingredients should be of millet.
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Q1) Why nutrition is very important?

A healthy diet throughout life promotes healthy pregnancy outcomes, supports normal growth, development and ageing, helps to maintain a healthy body weight, and reduces the risk of chronic disease leading to overall health and well-being.

Source: [MyGov collaborates with IHM Pusa to launch 'YUVA PRATIBHA – Culinary Talent Hunt' tomorrow](#)

Source: <https://vajiramandravi.com/current-affairs/yuva-pratibha-culinary-talent-hunt/>

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