

REPORT OF THE TASK FORCE ON TECHNOLOGY AND NUTRITION OF IUNS

FOOD TECHNOLOGY WITH A FOCUS ON NUTRITION REACHOUT

by

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The changing global scenario in food habits has been towards obtaining foods which provide better nutrition and health and also ensure safety of human health. In such circumstances, it becomes very important to impart requisite knowledge base and expertise in relevant aspects of food processing, preservation and value addition to agriculture and horticulture produce to target groups involved in such programmes. In recent times of last 12 plus months, there have been several programmes being undertaken by national institutes, academia, professional bodies and non-governmental organizations. Such a vibrant scenario has provided a platform to the Central Food Technological Research Institute, Mysore, India to initiate multi-faceted HR programmes with a focus on training the 'Trainers', which would bring in a cascading effect, both at national and international levels in nutrition enriched food technology under the broader perspective of "Health and Safe Foods" with an underpinning of Technology and Nutrition which is the one of the Task Forces in IUNS.

A few of the programmes covered during the last one year may be categorized under the following:

Child and Women welfare

The importance of safe and nutritious foods for the growing children and women were focused during the training programmes imparted to the womenfolk involved in bringing about awareness of nutrition through preparation of simple, safe and hygienic traditional

foods. The participants represented one of the largest non-governmental women organizations of Karnataka (a State in India). The programme was in 4 batches during 2008-09, wherein all districts of the State of Karnataka were covered through the participation of 180 women Trainers. The products covered during these programmes were traditional processed foods commonly consumed by women and children. The focus was nutrition, health and safety through good manufacturing practices. The programmes were spread during the months of June, July and August 2008 and also in March 2009.

Training Prospective Entrepreneurs

At the same time, many interactive linkages among institutions and academia have primarily targeted prospective entrepreneurs. Such programmes being offered to both new and experienced entrepreneurs cover a wide range of topics as the target group would be a heterogeneous one. Here also the focus would be food processing and value addition to different commodities in terms of nutritional enhancement and healthy foods. Such interactive-cum-training programmes have been organized at the Institute campus and / or in different centres of India, wherein there appears to be high emphasis on nutrition-linked up food processing. A few such programmes have been organized during the months of August, October and November of 2008 and during January to March 2009. The highlights are as follows:

- Processing and value addition to fruits and vegetables – for the entrepreneurs of western India with Traditional Nutrition Knowledge.
- Food processing through improved nutrition in food processing – for the beginners of setting-up food industries
- Overall scenario with reference to quality and safety through nutritious and healthy foods – for the representatives sponsored by State Governments of India
- Sensory profiling and consumer acceptance of foods – personnel of established food industries ranging from large to small through medium scale operations for Traditional Foods and Reach out of Nutrition.

International Programmes (Reach out in Thailand)

In the background of international linkages, an essential and integral aspect of food technology related to nutrition is to bring in the multiplying effect in the society, more so at the global level. CFTRI representing IUNS with its international linkages has been able to provide a platform for few of the senior level personnel from governmental organizations and national institutes of other countries to learn and gain expertise in areas of food processing and value addition through nutrition enrichment and / or bioavailability. A very recent programme of this kind was completed for a senior level agricultural officer of government organization of Thailand. The programme was conducted during October 2008 in the area of rice processing and technology.

Knowledge – Update (French interactions)

As a means of keeping abreast with newer developments and state-of-art facility in metrology to evaluate the nutritional and health benefits in quantitative terms, there have been few scientific meets in terms of either Symposia and / or Brain Storming Session. These forums have provided ample opportunities to discuss aspects relating to beneficial attributes to be derived by nutraceuticals, functional ingredients and related constituents through food-mediated approaches. During September 2008, a European Union – India Scientific Meet was organized at CFTRI, Mysore with the participation of INRA of France and CFTRI of India to discuss aspects relating to nutrition and human health. In a continuation of similar approach, very recently (September 19, 2009), a one day brain storming session was in place at CFTRI, Mysore to discuss the role of health and nutrition to be derived through plant-based bioactive molecules and application by means of traditional practices of Indian medicine, wherein food-mediated approach stands-out.

In the background of nutrition related food processing technology, this Task Force has been able to impart nearly **35 plus** programmes over the last one year as role models for others to follow.