

Nature On My Plate

29 Nov – 1 Dec, 2012, Palace Grounds, Bangalore

Connecting Consumers to Organic Food at Bio Fach India, South Asia's largest organic fair

Agenda

Thursday, November 29, 2012 (3:30 – 6:00 PM)	
15:30 - 18:00	What is on my Plate? Storytelling: Neha Toshniwal from Kathalaya takes parents and children through the exciting adventures of the <i>Garrulous Gastronom</i> – a boy who travels far and wide to discover good, healthy food. DIY activity: Kids get mixing with their hands to taste, test and engage with food. My healthy child: Parents who have adopted organic food in their homes share their experiences.
15:30 – 18:00	A Taste of Organic Food tasting stalls offering organic delicacies and the stories behind them.
Friday, November 30, 2012 (10:00 – 1:00 PM)	
10:00 - 13:00	You are what you eat: School connect programme An exclusive school connect programme comprising film screening, quiz and expert talk to raise awareness about nutrition, organic food and healthy eating.
Friday, November 30, 2012 (3:30 – 6:00 PM)	
15:30 - 17:00	Organic = Healthy? A panel discussion with doctors Featuring KS Raghu, Pristine Organics, Dr. HS Prema, Dietitian, Dr. Bhavani Sundari, Dietitian and Food safety Expert, Dr. GG Gangadhar, Medical director, FRLHT Organic food is safer than pesticide-ridden food. But is it more nutritious? Does it help prevent common ailments? And if we do want to go organic in our homes, where do we begin? Leading nutritionists, dieticians and academicians discuss the benefits of organic food.
17:00 - 18:00	My Organic Kitchen Chinmayie Bhat , food blogger – Love Food Eat, shares why and how she switched to organic food along with some her favourite natural recipes.
15:30 – 18:00	A Taste of Organic Food tasting stalls offering organic delicacies and the stories behind them.

10:00 – 11:30	<p>Voices from the Field: Farmer Speak</p> <p>Farmers from across the country share their stories of switching to natural farming from conventional methods and the process, benefits and challenges.</p>
11:30 – 12:30	<p>Organic = Healthy? A panel discussion with doctors Featuring Dr. Savitr Sastri, Neuro Surgeon - Vaidehi Hospital, Dr H.B. Babalad, UAS Dharwad Dr. Mukundan, Chief of Cardiovascular and Thoracic Surgery, Columbia Asia, Lalitha Bharani, Nutritionist</p> <p>Organic food is safer than pesticide-ridden food. But is it more nutritious? Does it help prevent common ailments? And if we do want to go organic in our homes, where do we begin? Leading nutritionists, dieticians and academicians discuss the benefits of organic food.</p>
12:30 – 1:30	<p>From Farm to plate: Practitioner Speak Mr. Mukesh Gupta, Chief Executive Officer - Morarka Organic Mr. Raj Seelam, Founder and Managing Director - Sresta Mr. HB Jayaram, Founder Green Path and Era Organic</p> <p>The process of bringing organic food from farm to the shelf and plate.</p>
2:30 – 4:30	<p>Ask the expert</p> <p>Stalls featuring terrace gardeners, waste management experts and organic providers.</p>
15:30 – 18:00	<p>A Taste Of Organic – food tasting stalls offering organic delicacies and the stories behind them.</p>

For more details and agenda visit www.thealternative.in



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