



GITAM SCHOOL OF SCIENCE

Department of Life Sciences

World Food Day 2025



WASTE TO WORTH

Date
23/10/25

Time
11:00 am to 3:00pm

Venue
K-Kafe



GITAM
DEEMED TO BE UNIVERSITY



GITAM SCHOOL OF SCIENCE

Department of Life Sciences

World Food Day

2025

**Food Facts
and Myths**



Fact



Myth



23/10/25



11:00 am to 3:00pm



K-Kafe



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Nutritional Counselling

“The Best Version of you Starts on your Plate” 🥗 ✨

Join us for a one-on-one Diet & Nutritional Counselling session where you'll discover your BMI, calorie needs, and personalised nutrition goals.

Let's make food your best friend — not your fear!



23 October 2025



K-Kafe



11 AM – 3:00 PM



EAT WITH PURPOSE , NOT PRESSURE



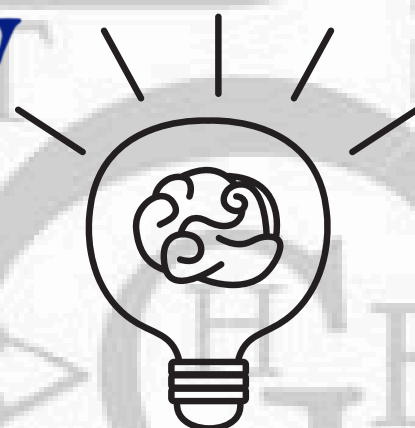


GITAM SCHOOL OF SCIENCE

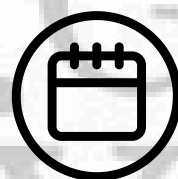
Department of Life Sciences

World Food Day

2025



Crossword



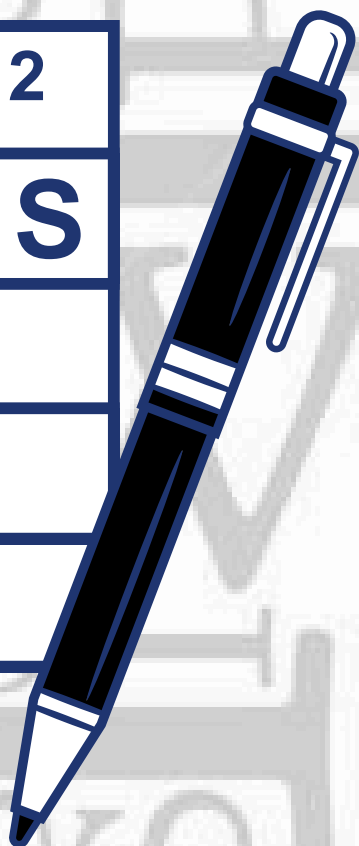
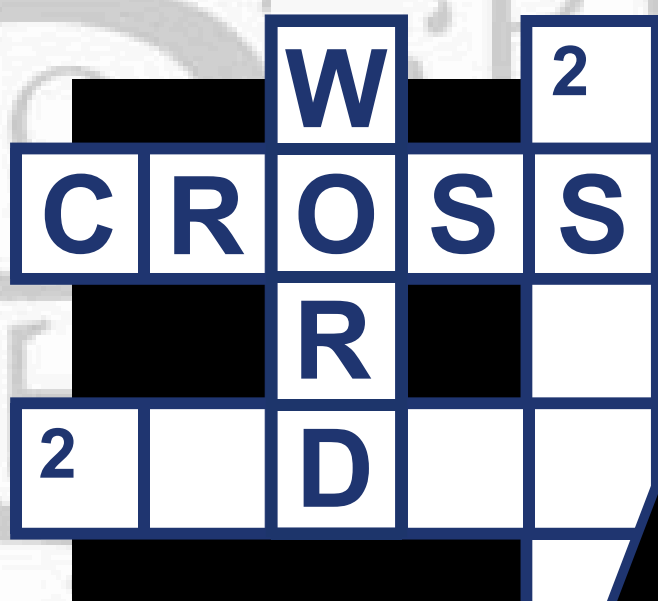
23/10/25



11:00 AM - 3:00PM



K-KAFE



*Solve mouth-watering clues to
complete the crossword grid
before time runs out.*



Crossword

RULES AND REGULATIONS

This competition is an individual test of your food knowledge, vocabulary, and puzzle-solving speed.

1. Participants must complete the entire crossword grid by filling in the correct word for every numbered clue.
2. This is a solo event. No talking, gesturing, or collaboration with others is allowed.
3. Each person is allowed to play only one time. Once your puzzle is collected, you cannot receive a new one.
4. You have exactly 8 minutes to complete the crossword. A judge will announce the start and end of the timer.
5. All answers must be clearly written in the grid in CAPITAL LETTERS. Accents (`^) are not required for an answer to be considered correct. If an answer is illegible or unclear, it will be marked incorrect.
6. In the event of a tie in score, the winner will be the person who submitted their puzzle in the fastest time.
7. All scoring and timing decisions made by the judges are final.
8. Any participant caught using a prohibited resource (e.g., cell phone, books) or attempting to cheat will be immediately disqualified from the entire competition.



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World Food Day

? 2025 ?



HeadsUp

*Guess the grub before the
clock runs out!*



23/10/25



11:00 AM - 3:00PM



K-KAFE





HeadsUp

RULES AND REGULATIONS

Description

The goal is for the player holding the card (the Guesser) to correctly identify the word or phrase on their card based on oral clues given by others before time runs out.

Rules

- 2 players only
- You may describe, act out, or gesture (depending on chosen variation), but cannot use.
- Any form or part of the word (e.g., rhymes or first letters)
- Direct synonyms that make it obvious
- Spelling out the word.



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23/10/25



11:00 am - 3:00pm



K-Kafe

Push Up Challenge



Push Up Challenge

RULES AND REGULATIONS

- Each participant must perform proper push-ups with full arm extension and the chest close to the ground.
- The participant who completes the maximum number of correct push-ups within 1min will be declared the winner.
- Incomplete or incorrect push-ups (half range, hips lifted, etc.) will not be counted.



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SENSORY QUEST

Touch, Smell, Identify!

*Engage your senses to uncover
hidden food mysteries*



23/10/25



11:00 am – 3:00pm



K-Kafe





SENSORY QUEST

Touch, Smell, Identify!

Description of the Game:

Participants blindfolded and must correctly identify food samples based on smell and touch

The game proceeds level by level, only winners from each round advance to the next

Rules:

- Blindfolds must be worn throughout each round.
- No touching or smell (except when instructed)
- Each participant will get 10 seconds to guess.
- All samples used will be safe, vegetarian and allergy free.





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Grab It!



Date
23/10/25

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11:00 am to 3:00pm

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Hear the beat, grab your treat!



Grab It!

Description

Players must listen carefully to a song being played, identify a food product mentioned or hinted at, and be the first to grab that specific item from the table. The fastest correct player wins the round.

•No.of players -2

RULES

- No touching or hovering hands over items before the music starts.
- Grabbing before the song clue appears results in a penalty.
- Disputed grabs (if two players reach simultaneously) will be resolved by the referee's decision or a simple tiebreaker (e.g., rock-paper-scissors).
- Each participant must step back to their starting position before a new round begins.
- Multi-lingual songs are considered in this game.