

VISVESVARAYA TECHNOLOGICAL UNIVERSITY

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A REPORT ON

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OBJECTIVES



- Show Local Food:** Highlight and promote the unique dishes of the area.
- Celebrate Culture:** Enjoy local culture with food, music, and fun activities.
- Bring Community Together:** Create a fun event for everyone, fostering community spirit.
- Showcase Innovation:** Highlight new and creative culinary ideas, techniques, and trends
- Student Involvement:** Engage students in organizing and managing the fest, providing valuable hands-on experience.

SOME KARNATAKA CUISINE

North Karnataka

- **Jolada Rotti:** Flatbread made from jowar (sorghum) flour, served with spicy curries.
- **Ennegai:** Stuffed brinjal (eggplant) curry.
- **Ragi Mudde:** Steamed balls made from finger millet (ragi) flour.
- **Basundi:** Sweet dish made by thickening milk with sugar and cardamom.

Mysore and Bangalore

- **Mysore Masala Dosa:** Crispy dosa filled with spicy mashed potatoes.
- **Bisi Bele Bath:** Spicy rice dish made with lentils and vegetables.

INTRODUCTION



Karnataka's culinary scene is a delightful blend of flavors, ingredients, and cooking techniques influenced by its neighboring states and its own rich cultural heritage.

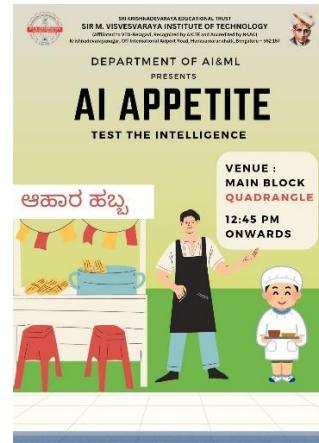
Ragi (Finger Millet): Ragi, a key grain in Karnataka, is well-loved for its high calcium and iron content. People make many dishes using this nutritious millet.

Jowar (Sorghum): Jowar is often used to make Jolada Rotti, a type of flatbread. It is rich in fiber, protein, and essential nutrients. Eating jowar can help in digestion and managing weight.

Bajra (Pearl Millet): Bajra, also known as Pearl Millet, is a nutritious grain widely used in Karnataka. It is rich in fiber, protein, iron, and magnesium, making it a healthy food choice. Eating bajra can help with digestion, lower cholesterol levels, and manage diabetes.

Foxtail Millet: Foxtail millet is rich in protein, fiber, and essential nutrients like iron and magnesium. It helps in digestion and can be good for people with gluten intolerance. Provides long-lasting energy, making it a good choice for daily meals.

DESCRIPTION OF THE ACTIVITY



Pasta: A timeless favorite, the pasta dishes at AI Appetite were skillfully prepared with a delicate balance of spices and fresh ingredients. The chefs experimented with unique flavor combinations, offering a modern twist on this classic Italian dish.

Millet Panipuri: A unique and innovative take on the classic Indian street food, this dish replaced the traditional wheat flour puri with a healthier version made from millet flour. This substitution not only enhanced the nutritional value of the snack but also showcased the versatility of millets in culinary applications.

Ragi Cookies: These nutritious and crunchy cookies, crafted from finger millet flour, were a popular choice among health-conscious attendees. The cookies were baked to perfection, offering a delightful blend of nutty flavor and satisfying crunch.

Girmit: A savory snack originating from North Karnataka, Girmit was a crowd favorite at the stall. This traditional dish, with its unique blend of spices and textures, provided a taste of regional Karnataka cuisine.

Ragi Laddu: A wholesome and delicious dessert, the Ragi Laddu was made with a combination of ragi flour, jaggery, and ghee. This traditional sweet, rich in iron and calcium, was a perfect treat for health-conscious attendees. Cheese Maggi: A fusion dish that

combined the beloved instant noodle dish with the creamy richness of cheese, the Cheese Maggi proved to be a popular choice among students.

The college had organised a foodfest as a part of Social Connect where all the branches of engineering participated in it. It was a really fun activity. We were assigned the dishes of ragi. Alongside with ragi dishes we prepared pasta, panipuri, tea, cheese maggie and girmit. We had Ragi ladoos and Ragi biscuits. It was fun preparing the dishes and organising the stalls. Everyone were pleased with the dishes that were available in our stall. We also tried the dishes available in other stalls set up. It was a amazing activity

CONCLUSION

Food and culinary events are about more than just eating delicious dishes. They help us connect with different cultures, learn about diverse traditions, and bring people together.

College food fests are great for celebrating this diversity. They let students try new foods, share their own recipes, and build community spirit. These events also help students improve their cooking skills, support local vendors, and create an inclusive, fun atmosphere.

In short, food and culinary events celebrate diversity, promote learning, and build strong connections through the joy of sharing meals.

REFERENCES

Food Safety and Standards Authority of India (FSSAI)