

Food Preparation in Home Science (12 March 2026)

Food preparation is a vital aspect of home science, focusing on the selection of ingredients, cooking methods, and the attractive arrangement of dishes. This process not only ensures that meals are nutritious but also enhances their visual appeal.

Key Components of Food Preparation

- **Selecting Ingredients:** Choosing fresh and quality ingredients is essential for creating delicious meals.
- **Cooking Methods:** Various techniques are employed to prepare food, including boiling, baking, frying, and steaming. Each method affects the flavor and texture of the food.
- **Meal Planning:** Organizing meals in advance helps in managing time and resources effectively. This includes deciding on recipes and portion sizes.

Importance of Display

The presentation of food is equally important as its preparation. An attractive display can enhance the dining experience and make meals more enjoyable.

Techniques for Food Display

- **Arrangement:** Dishes should be arranged thoughtfully on the plate to create visual interest.
- **Color Contrast:** Using a variety of colors from different ingredients can make the dish more appealing.
- **Garnishing:** Adding herbs, sauces, or edible flowers can elevate the presentation.

By mastering these aspects of food preparation and display, individuals can improve their culinary skills and create memorable dining experiences.



Food preparation and display are key parts of home science, covering selecting ingredients, cooking methods, and arranging dishes attractively. Culinary art involves using skills to prepare meals efficiently, while meal preparation includes planning and organizing dishes for serving. The students of the **department of Home science** on **12 March 2026** prepared and displayed readymade food mixes, variety of jams and different types of pickles at their lab.



Mrs. D. Dhanalakshmi, Head of the dept of Home science and Faculties, Mrs. M. Shobana, Dr. D. Brighty and Mrs. M. Malliguesvary assisted and guided the students in their food lab. Faculties of otheir departments and Principal Dr R. Madivanane are invited to visit the food lab. The Principal and the faculties tasted the prepared pickles, jams and food powders. They complimented the students for their effort and awesome tastes they are able to bring to their preparations.