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# Shun fast food, Badal tells youth

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**CHANDIGARH:** Punjab Chief Minister Parkash Singh Badal relished the taste of traditional food prepared from millet (jawar) in the form of recipes from the states of Andhra Pradesh and Orissa at the Bebe Di Rasoi-2009 on Sunday.

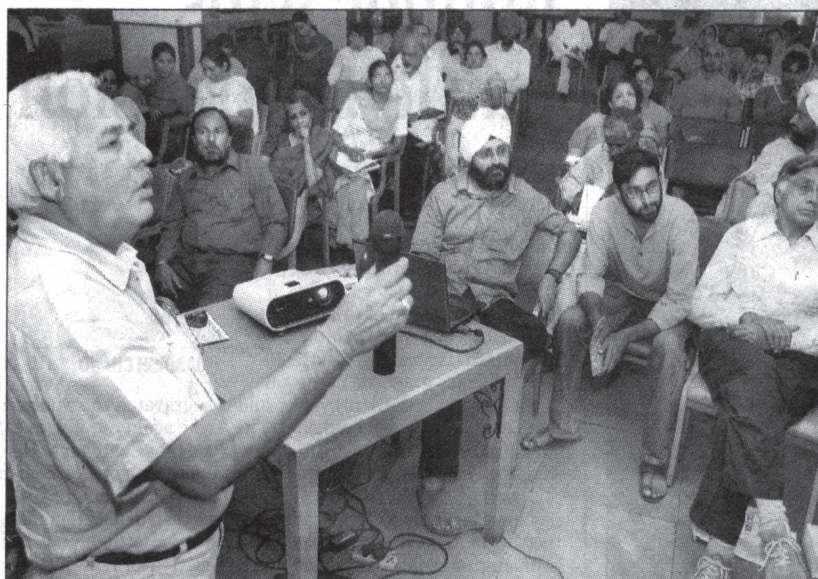
Inaugurating the food festival, Bebe Di Rasoi-2009, Badal urged the youth to shun the culture of mindlessly consuming fast food like pizza, noodles, burgers and pastas. He also called upon them to develop the habit of consuming traditional food with high nutritional value.

"Bebe di Rasoi-2009", a traditional food festival jointly showcasing millet-based preparations, organised by Chandigarh Press Club in collaboration with Kheti Virasat Mission (KVM) and Millets Network of India (MINI), is based on the theme of reviving the 'Heritage of great grandmothers'.

Badal said, "It is a high time to revive the culture of traditional Food-'The wisdom of our Grandmothers-Bebe di Rasoi'. Naturally grown and seasonal foods have always been intricately woven in our food culture but unfortunately we have almost lost this great tradition."

He also suggested the management of the Chandigarh Press Club to open a restaurant of traditional food to make it popular among the people, especially urbanites.

He also asked the media to



■ A speaker at a seminar organised at the Chandigarh Press Club on Sunday.

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**Food cooked the traditional way by our grandmothers is best in nutritional content**

**PARKASH SINGH BADAL**  
CM, Punjab

play a pro-active role in popularising the culture of traditional food in the society, besides bringing awareness among the masses on the importance of organic farming. He also urged

the youth to consume vegetables produced by way of organic farming.

Badal said, "The concept of Bebe di Rasoi would offer an opportunity to the youth to have a feel of the rich taste of our traditional food which are almost becoming a thing of the past. Such traditional food festivals should be organised from time to time to apprise our children especially with urban background about the rich nutritional value of traditional food like makki di roti-sarson da saag, lassi, bajre di roti, kheer and makhan."

He said the medical and nutri-

tional experts have also recommended against consumption of junk food to stay health and fit.

He said people from different cultural backgrounds could enjoy traditional delicacies at such food festivals.

Later, Badal visited various stalls displaying dishes like roti made of bajra and jwaar; bajra raabri, bhoot piney of Bahra, moth-bajra khichheri, maal puri, kheer of kanganni and several millet dishes from Andhra Pradesh and Orissa at the Bebe Di Rasoi. He also tasted some of these dishes prepared at the cookery classes for the visitors.