

## **NATIONAL LEVEL ONLINE QUIZ on COVID-19**

The rapid food environment changes are influencing the consumers' dietary practices and can lead to a deterioration in both individual, and country level, nutritional and health status. People, and their health and nutrition status, are what counts. Sustainable healthy diets that contain sufficient fruits and vegetables are crucial in protecting people's immunity. Particularly for those at risk of, or suffering from food insecurity and those with pre-existing non-communicable diseases who are at a heightened risk of becoming severely ill with the virus. With a view to inculcate health consciousness among students on this pandemic situation on line quiz is conducted on 12.05.2020 and 13.05.2020 by the NSS II unit of Government Arts College by the Programme Officer Dr. Thomas Joseph Prakash. 836 participants responded it.