awareness and practice makes for a healthy work force. Punjab, known as the food basket of India, ironically, suffers the prevalence of ‘malnutrition’. This, especially among rural women, is primarily due to lack of nutritional awareness and education. With this premise, a Basic Nutrition Curriculum Development intervention was conducted with rural women in Punjab.

Methodology The nutrition intervention involved 35 trainees pursuing beauty care and stitching training at a charitable trust (MBCT). A 10 sessions’ curriculum @2.5 hours each was delivered on a weekly basis and documented using pre and post sessions’ questionnaires (Knowledge, Attitude, Practices methodology). A Review was undertaken after three months of the completion of the intervention. Participatory activity-based pedagogy using audio-visual aids and live demonstrations were used. Select ingredients were also given to the trainees.

Results Significant post-attendance changes were observed in the trainees. They had gained awareness about basic food groups, the balanced food platter etc. Notable changes in their daily eating habits – eating at the right time, appropriate water consumption, including different food sources in diet were observed. The intervention also made the respondents rethink their assumptions based on customary beliefs and practices. Mindfulness of cooking practices and use of appropriate quantity of cooking oil was observed. Importantly, awareness about causes and symptoms of nutrition related deficiencies and appropriate foods to overcome them was also noted. The trainees also gained confidence to discuss their health problems with family. Knowledge sharing with peer group and family members was also observed as trainees used the recipe book containing dishes prepared during the training.

Way forward The aim is to advocate the Basic Nutrition Curriculum’s adoption gender-neutrally as a compulsory component in all Skill Development Programmes run by government, non-government (NGOs) and private institutions under the Punjab Skill Development Mission.

15 REDESIGNING ONLINE RESTAURANT SURVEYS FOR ASSESSMENT OF NEW NUTRITION DATA AND MARKETING NUTRITION

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Background As COVID-19 restrictions have begun to relax in many parts of the world, the global demand for restaurant food has been on a rise. Following this trend, there was an appropriate time to collect new feedback from customers.

Objectives The purpose of this survey was to examine and report associations between the nutrition attitudes, food choices and preferences, and consumer demands.

Methods The survey was conducted in October of 2021 and took until March 2022. Online questionnaires were distributed to 252 customers. The questions were divided in four main categories: general questions, customer service, food and beverage quality, food choices and preferences. The questionnaires were disseminated through social media channels and by email. The respondents were also enabled to interact directly with the restaurant culinary chef.

Results 81% of guests usually consumed a three-course menu, including a starter, main and dessert. Personal preferences and wishes to change menu items/sides were detected by 86%. Generally, 92% of the asked were interested in cooking restaurant food menus at home. An interest in hiring a personal chef to learn new recipes and techniques was shown in 83% of the participants and 95% were interested in exploring new ingredients and food pairing combinations. There was an increased number of customers with dietary restrictions and health conditions by 56% of respondents. 68% reported to have developed a newfound passion for cooking. Different understanding and interpretation of plant-based diets was perceived among 73%. Finally, there was a significant improvement of cooking skills after online interaction and communication with a chef, reported by 93% of survey participants.

Conclusion In the last few months, part of the resilience stage for many hospitality facilities, restaurants have been changing their culinary philosophy and business strategy. This survey shows a significant improvement of cooking skills among guests/consumers after having communicated with a restaurant chef online, primarily achieving better outcomes in preparation of sauces, creating textures, baking healthier desserts, breads and improving presentation skills and plating techniques.

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