

A.S.D GOVT. DEGREE COLLEGE FOR WOMEN (A),
(Re- Accredited by NAAC with B Grade)
Jagannaickpur, Kakinada-533002, East Godavari, AP

DEPARTMENT OF ZOOLOGY & AQUACULTURE
TECHNOLOGY

2019-2020



Debate

On

Nutritional Value of Fish
& Prawn

ASD Govt. Degree College for Women (A)

Jagannaickpur, Kakinada

Activity register 2019

Date	20.12.19
Conducted through (DRC/JKC/NCC/NSS/Department)	zoology
Nature of Activity (Seminar/Workshop/Ext. Lecturer etc.)	Debate
Title of the Activity	nutritional values of fish and prawn
Name of the Department/Committee	Zoology
Details of Resource Persons (Name. Designation etc.)	U. Satyanarayana B. Sonia <u>N. Veerachanti</u>
No. of Students Participated	45
Brief Report on the Activity	To raise the spirit of the students developing their skills on general knowledge besides subject learning
Name of the Lecturers who Planned & Conducted the Activity	U. Satyanarayana B. Sonia N.Veera chanti
Signature of the in Charge	DR.K. ARUNA mam lecturer in microbiology
Signature of the Principal	M. Suvachala
Remarks	

Nutritional Value of fish

Fish is high in many important nutrients including high quality protein, iodine, vitamins, minerals fatty acids are omega-3 fatty acids and vitamin D.

Fish Nutrition Facts Bass.

Nutrition : 82 calories 1.7g fat

58mg Sodium, 9g carbs

Sugar 0g, 15.7g Protein cat fish

Nutrition : 81 calories, 2.4g fat, 37mg Sodium

0g carbs, 0g fiber, 0g Sugar, 13.9g

-Protein

Fish is a low fat high quality protein

Fish filled with omega 3 fatty acids and vitamins

Such as D and B₂ riboflavin

- Prawns contain significant amounts of iron, mineral is essential for the body to effectively distribute oxygen.

And because it is only a few types of food, iron deficiencies that cause severe exhaustion.

- Eating Prawns helps build strong bones because they contain phosphorous, copper, magnesium

Fish is rich in Calcium and Phosphorus and a great source of minerals, such as iron, zinc, iodine, Magnesium, potassium.

Sea food is relatively rich in essential vitamins and minerals but it also serves as an excellent source of lean protein and Omega 3 fatty acids.

Although fish contain negligible amount of carbohydrates, fiber, sugar etc.

Fish is packed with many nutrients that most people are in Vitamin D, providing more than 200% of the it.

Fish and provide valuable nutrients easily assimilated proteins with digestibility of over 90%.
necessary amino acids.

Nutritional Values of Prawns

In fact 100 grams of Prawn contain about 25 gms of Proteins, approximately the same as a similar amount of chicken & beef. Prawn extremely lower in calories.

Because of their many nutritional benefits Prawns are considered by a variety of health experts to be among the healthiest food in the world.

Prawns are the great source of high quality protein and provide some of the most important vitamins and minerals that make up a healthy diet. American journal of clinical Nutrition, Eating Prawns is part of a heart healthy diet.

Eating Prawns provides a complete protein which means it includes all 9 amino acids in the right proportion for the body to function properly. In fact, 100 gm of Prawns contain about 25 gms of protein approximately the same as a

Similar amount of chicken or beef.

- Prawns are extremely low in calories. The same 100 gm of Prawns contain only about 115 calories. Chicken contain about twice as much and beef 3 times as much.

- While Prawns contain higher than average amounts of cholesterol, they do not lead to higher cholesterol, they do not harm to the body. It is healthy fat profile.

This is because they contain almost 3 times more omega 3 fatty acid

- Prawns are a great source of vitamins B₆, B₁₂, and niacin, which help the body produce energy, build muscle, and replenish red blood cells.

Debate

20/12/19



DEBATE

S.No	Name of the student	GROUP	Signature
1.	M. Sai Lakshmi	III BSC [CBZ]	M. Sai lakshmi
2.	P. Asha Jyothi	III BSC (CBZ)	P. Asha Jyothi
3.	M. satya Sivabharathi	III BSC (CBZ)	M. S. S. Bharathi
4.	D. Satya Sai	III BSC (CBZ)	D. Satya Sai
5.	M. Suguna Bharathi	III B. sc (CBZ)	M. S. Bharathi
6.	G. Anjali Devi	I st BSC [CBZ]	G. Anjali Devi
7.	M. Sobhi	I st BSC [CBZ]	M. Sobhi
8.	M. Srishha	I st BSC [CBZ]	M. Srishha
9.	P. Shardul	I st B.S.C (CBZ)	P. Shardul
10.	P. Naratha	III B. SC (CBZ)	P. Naratha
11.	B Swapna	III B. sc (CBZ)	B. Swapna
12.	L. Priyanka	I st B. SC (CBZ)	L. Priyanka
13.	A. Devi	I st B. SC (CBZ)	A. Devi
14.	Ch. Devi	I st B. SC (CBZ)	Ch. Devi
15.	SK. Basheer	I st B. SC (CBZ)	SK. Basheer
16.	SK. Karishma	I st B. SC CBZ	SK. Karishma
17.	m. Malleswari	I st B. SC. CBZ	m. Malleswari
18.	p. Malleswari	I st B. SC. (CBZ)	p. Malleswari
19.	Ch. Kumari	I st B. SC CBZ	Ch. Kumari
20.	R. Devika	I st B. SC. CBZ	R. Devika
21.	D. Mahalakshmi	I st B. SC CBZ	D. Mahalakshmi
22.	T. Jessi	I st B. SC CBZ	T. Jessi
23.	Ch. Sai Lakshmi	I st B. SC CBZ	Ch. Sai Lakshmi
24.	D. Jesatya	I st BSC CBZ	D. Jesatya
25.	S. Devi	I st BSC CBZ	S. Devi

