



# Healthy Food Street 'Prasadam' at Ujjain

## Why in News?

Recently, Madhya Pradesh Chief Minister Mohan Yadav inaugurated the **country's first healthy and hygienic food street, 'Prasadam', that will serve traditional healthy food and delicacies made of coarse grains at Mahakal Lok in Ujjain.**

## Key Points

- **Prasadam will have 17 shops** that will offer **dishes made from rajgira, sanwa, kuttu, ragi, dal-baffle and other famous traditional dishes of the state**, built at a cost of Rs 175 lakh.
- The food street will be **fully operational from the first week of February, 2024 and junk foods and plastic are prohibited in the premises.**
- The **Food Safety and Standards Authority of India (FSSAI)** will give **food handling training to vendors** while the **Food Safety on Wheels vehicle** will come **once a week** to inspect the food and train vendors.
  - **100 healthy and hygienic street food hubs** will come up at different locations **in the country.**
- **The Chief Minister also launched 'Manhit' App focused on mental health.** Mental health screening app "Manhit" developed by the Mental Health Unit of National Health Mission Madhya Pradesh.
  - It is **mainly divided into three sections:** Mental health self-assessment, awareness materials/videos and contact with mental health facilities.

## Coarse Grains

- Coarse grains are **traditionally grown** in resource **poor agro-climatic regions** of the country. They are **also called nutri-grains.**
  - Agro-climatic zone is a land unit in terms of major climates suitable for a certain range of crops and cultivars.
- **Examples of Coarse grains** are Sorghum, pearl millet, maize, barley, finger millet and several small millets such as kodo millet, little millet, foxtail millet, proso millet and barnyard millet.
- **Coarse cereals producing states include** Karnataka, Rajasthan, Puducherry, Maharashtra, Madhya Pradesh, Uttar Pradesh etc.