



# FOOD



# FESTIVAL

20  
22



The Kwame Nkrumah University of Science and Technology (KNUST), Kumasi organised the 2022 Food Festival to celebrate the diverse food, culture and innovative products developed for sustainable development.



# **KNUST Food Festival 2022**

Achieving the SDGs: Our Food,  
Our Culture, Our Health



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## SPECIAL GUESTS



- **Professor (Mrs.) Rita Akosua Dickson**, Vice-Chancellor, KNUST
- **Professor Ellis Owusu-Dabo**, Pro Vice-Chancellor, KNUST
- **Professor Leonard K. Amekudzi**, Provost, College of Science (CoS), KNUST
- **Professor Charles O. Marfo**, Provost, College of Humanities and Social Sciences (CoHSS), KNUST
- **Professor George Meyiri Bob-Milliar**, Director, Centre for Cultural and African Studies (CeCASt), KNUST
- **Professor Nana Afia Opoku-Asare**, Festival Chairperson
- **Professor Daniel Y.A. Duah**, Keynote Speaker/Dean, International Programmes Office (IPO), KNUST
- **Professor Esmeranda Manful**, Vice Dean, International Programmes Office (IPO), KNUST
- **Rev. John Manu**, Regional Director of Agriculture, Ashanti Region
- **Mr. Anane Boateng**, President, GNACOFA

## ORGANIZING COMMITTEE



- |                                      |                           |
|--------------------------------------|---------------------------|
| Prof. Isaac W. Ofose                 | -Chairman/Head-FST        |
| Prof. Jacob K. Agbenorhevi           | -Member/FST/Editor        |
| Prof. (Mrs.) Faustina D. Wireko-Manu | -Member/FST               |
| Dr. Daniel Norris Bekoe              | -Member/URO               |
| Dr. Herman Lutterodt                 | -Member/FST               |
| Dr. Leonard D.K. De-Souza            | -Member/FST               |
| Dr. (Mrs.) Philomena A. Yeboah       | -Member/EL                |
| Dr. Seth Agyemang                    | -Member/GRD               |
| Dr. Benjamin Appiah Osei             | -Member/HROD              |
| Dr. George Dakurah                   | -Member/GRD               |
| Mrs. Vida Commey                     | -Member/HROD              |
| Dr. Newton Amaglo                    | -Member/DoH               |
| Dr Monday Omoniyi Moses              | -Member/SES               |
| Mr. Julius K. Acheampong             | -Member/SCISA             |
| Miss Pearl Agyekum                   | -Member/GRASAG            |
| Miss Josephine Asare-Bediako         | -Member/Secretary         |
| Miss Naa Dede Ayensu                 | -Member/Assist. Secretary |

## OVERVIEW

The KNUST Food Festival (KFF) has been organized to celebrate the diverse food, culture and innovative products developed for sustainable development.

The activities include Educative Talks, Cultural Performances, Health Checks and Exhibitions/Sales.

### Food Festivals From 2016 - 2022

YEAR	TITLE	THEME
2016	National Food Fraud Conference	Combating Food Fraud: A Multi Disciplinary Approach
2018	KNUST Food Festival and Conference	Combating food fraud and promoting traditional foods
2019	KNUST Food Festival	Promoting our culture, our food and the science
2020	KNUST Food Festival	Promoting our food and culture for sustainable development
2022	KNUST Food Festival	Achieving the SDGs: Our Food, Our Culture, Our Health

KFF is an initiative of the Department of Food Science and Technology (FST), and has improved over the years involving the Department of Geography and Rural Development (GRD), and Department of Human resource and Organizational Development (HROD) as key collaborators among various Departments in KNUST.

The event has been a major collaboration between College of Science (CoS) and College of Humanities and Social Sciences (CoHSS). It also involves the SRC and GRASAG.

### KNUST Food Festival 2022

The KNUST Food Festival (KFF) 2022 was held on 14th February, 2022 at the Royal Parade Ground -KNUST. It was under the theme, "Achieving the SDGs: Our Food, Our Culture, Our Health."

The KFF 2022 was chaired by Professor Nana Afia Opoku-Asare, a Distinguished Fellow of the Chartered Institute of Leadership and Governance, and an Associate Professor of Education in the Department of Educational Innovations in Science and Technology (previously Department of Art Education & General Art Studies, Faculty of Art), Faculty of Educational Studies, KNUST, Kumasi.



## WELCOME ADDRESS BY PRO VICE-CHANCELLOR: PROF. ELLIS OWUSU-DABO



In his welcome address, the Pro Vice-Chancellor, Professor Ellis Owusu-Dabo, stated that “apart from the communicable diseases we are bedeviled with non-communicable diseases such as diabetes, hypertension, and others over the years”.

Our life expectancy as a country has increased that is 65 years, we still have not achieved the optimal that as a country we have to. The average life expectancy of a Ghanaian is 55 years but we can do better. One of these ways is through our food, especially those that are becoming extinct, such as apapransa, epiti, kontomire being replaced with other foods.

Food plays a massive role in achieving the SDG’s. If you ever travel to the Caribbean, it will interest you to know that the sort of food eaten there is almost the same as what we eat here. Due to slave trade, most of their foods, originate from Africa.

It is an honor talking about how we can achieve the SDG’s through our food, our culture, our health. In the end, one expects that our life expectancy will be improved,

we can control the issues related to communicable and non-communicable diseases, the metabolic disorders, hypertension diabetes and also reinvigorate the food items that we have so that they do not leave our shores.

Brand our food types be proud of them.

One of the ways we can look at is packaging, to show the value that we attach to the food.

Our culture and health are tied

to what we eat and therefore if you want to grow healthy, live long to demonstrate and showcase what this country is made of, the way to go is to demonstrate this through our food, our culture, our health. That way we can talk about SDG 1, SDG 2, SDG3, SDG9, SDG 13 because of the practices that we involve in. Looking at the Dean international office, SDG 17 and the fact that we have friends and partners from far and near to taste our food and it with no doubt that if we focus on our culture, food and health, we can achieve the SDG’s.

As management we are committed to ensuring that our health is a priority. The VC, Wellness Center, College of Science, Humanities and Social Sciences are all engaged to help achieve this and also increase and live beyond the minimum life expectancy which is 70.

As we watch our culture and showcase our food and demonstrate our good health let us not forget to get checked through simple screening opportunities available”.

## MESSAGES FROM PROVOSTS AND DIRECTORS



**Prof. Charles O. Marfo, Provost, CoHSS**, stated that “Food and culture are linked. Whiles food goes in, language comes out. Our generation is into everything being fast, the fast food and even fast life but let us go back and evolve”.



**Nana Adjei Ntim Gyakari**, representing the Centre for Cultural and African Studies (CeCAST) also encouraged all to embrace our diverse culture as part of the efforts to achieve sustainable development.

## SPEECH BY ORGANIZING COMMITTEE CHAIRMAN/HEAD-FST-KNUST: PROFESSOR ISAAC W. OFOSU



We pay glorious tribute to the originators of this Festival, Professors Mrs I Oduro and I Braimah (both past provosts of College of Science and College of Humanities and Social Science, respectively), for nurturing this Festival into what it has become today. I also pay tribute to Professor Mrs Wireko-Manu, the immediate past Head of Department who helped sustain this Festival.

This Festival has evolved since its inception in 2016 when it started under the National Food Fraud Conference banner. The theme was; Combating Food Fraud; A Multi-Disciplinary Approach. In 2018 and 2019, the Festival was run as KNUST Food Festival and Conference. Here, themes were Combating Food Fraud and Promoting Traditional Foods and Promoting Our Culture, Our Food and the Science. In 2020 the LOC adopted the theme; Promoting Our Food and Culture for Sustainable Development.

Unfortunately, in 2021 it was impossible to run the Festival because of the COVID-19 pandemic. This year took a unique path of connecting the various Colleges to eliminate the impression that only Colleges of Science and Humanity organize the Festival. There have been challenges, though, to accomplish our objective. We intend to suggest to Management how this Festival can be adopted as part of the University's diary and the Organizing Committee set at the highest level.

However, it is sad to note that the Chairman of the previous Festival, Nana Peter Awuah Dartey, has passed on. May he rest peacefully.

The LOC decided to select the theme: Achieving the SDGs; Our Food, Our Culture, Our Health for the 2022 version of the Festival.

It is undeniable that food features prominently in many of the sustainable development goals. The reason is simple. It is the nexus of all aspects of the economy, from the environment touching on water, biodiversity, desertification, industry, and public health. Since it was adopted in 2015, these goals became the universal call to end poverty and hunger and ensure peace and prosperity for all humankind. Hunger is the root cause of all evils and to eliminate hunger (SDG2) is to eradicate poverty (SDG1).

Therefore, the KNUST food festival finds it relevant to contribute its quota to bring attention to bear on the linkages between

the SDGs, our food, our culture, and how they impact our health.

To improve food security is to take concrete steps to reduce inequalities in our culture (SDG10). Such inequalities adversely impact the most vulnerable of our society, including women, children, the elderly, migrants and people with disabilities.

Ghana is counted among developing countries that are unfortunately tagged with malnutrition and hunger. Thus, poor nutrition leads to increased child mortality, obesity, diabetes, and other adverse effects. In this Festival, attention would be drawn to such conditions as overconsumption, and food waste that permeates our society or cultures to reinforce that food waste is as detrimental as hunger. To reduce food waste is to control the environmental impact resulting from agriculture in terms of land preparation and water usage that has a massive toll on natural resources impeding its sustainability. Thus, responsible use of natural resources consequentially sustains the agri-food industry, which protects life in water and on land, promoting healthier ecosystems and sustaining biodiversity.

We would use this KNUST Food Festival to drive home the need to create awareness that our food, culture, and health should form the basis to truly achieve a sustainable food ecosystem.

## SPEECH BY THE FESTIVAL CHAIRPERSON: PROF. NANA AFIA OPOKU-ASARE



diseases. We are losing sight of who we are. In our local environment God has given us a lot of herbs, plants, food, trees, fresh air, rivers which we have polluted and we cannot drink from these rivers.

So if KNUST is applying the technology to revive our food and culture, we say thank God”.

Prof. Nana Afia Opoku-Asare thanked the Organizing Committee for asking her to Chair the KNUST Food festival 2022. She indicated her acceptance and gave her acceptance speech.

“When we talk about food and culture, we are definitely talking about our culture.”

What God wants us to eat so that we will grow healthy is what He gave us and what we have.

**SDG-1** is focusing on poverty and alleviating poverty in all forms.

**SDG-2** eliminates hunger. If we are eliminating hunger and promote health where will we go, it is then or environment. Our local environment is very important to our health and growth and development Unfortunately, we are gradually losing our food culture and for that matter we are losing our health which is a privilege God has given us and we are attracting a lot of

In her closing remarks, Professor Opoku-Asare encouraged all to participate and promote the KFF for sustainable development. She encouraged all to “eat good food so we grow from it, keep our nation going and to protect our culture through food”.

## SPEECH BY KEYNOTE SPEAKER: PROF. DANIEL Y. A. DUAH, ACTING DEAN, IPO



environment, and society, are interconnected and it is interesting to note that ending poverty, ending hunger, and promoting good health and well-being are the first three of the goals.

### Background to Achieving the SDG's

Prof. Vice Chancellor, Prof. Chair, ladies and gentlemen, the global agenda towards sustainability builds on the Millennium Development

The Vice-Chancellor and Special Guest (Prof. Nana Rita Akosua Dickson I – newly installed Adesuahemaa of Asebu Traditional Area), Chairperson for the occasion, Prof. Nana Afia Opoku-Asare, Provosts, Deans, Heads of Departments, Colleagues, Students, Invited Guests, members of the Media Fraternity, ladies, and gentlemen.

### Introduction

I am humbled, delighted and honored to be selected to deliver the keynote address on the theme “Achieving the SDGs: Our Food, Our Culture, Our Health” for the 2022 KNUST Food Festival. The theme presents us with an opportunity to contribute to achieving the sustainable development goals (SDG's) while promoting our culture, food, good health, and wellbeing. The adoption of the SDGs in 2015 was a universal call to ensuring that the planet is protected. It also commits us to promote a peaceful, prosperous, and inclusive world, where food, health and culture are featured prominently. The 17 SDGs, which addresses the three pillars of sustainability, namely economy,

Goals, which was envisioned in the beginning of the 21st century and ended 15 years into the new millennium. The 2030 Plan for Sustainable Development, adopted by the United Nations General Assembly in September 2015, is a worldwide agenda to “Transform Our World” and a push to towards developing sustainably from 2015 to 2030.

KNUST recognizes the importance of achieving the SDGs as demonstrated by the bold decision to have a university wide sensitization through the 9th KNUST Summer School where all staff categories were involved. We must continue to push the academic frontiers based on research and community impact aimed at improving local adoption strategies for the SDGs. I am happy to note as a person whose research focus is into sustainability that this is a giant step by the university, and one of the first of few worldwide to have attempted this feat. This Food Festival is another feather in the cap of the Department of Food Science and its partners and the university at large.

Prof. Vice Chancellor, Prof. Chair, ladies and gentlemen, cultural considerations have not been given the necessary attention in Agenda 2030. Researchers argue that culture must be regarded as the fourth pillar of sustainability, and I fully align with this assertion. For instance, there have been calls for the inclusion of one specific goal to be devoted to culture or better still, an integration of cultural aspects across the SDGs for easy adaptation and implementation contextually. Cultural aspects such as the development of cultural liberties, active participation in cultural life, the preservation of tangible and intangible cultural heritages such as food, clothing, our own folktales or “ananse nsem”, beliefs, values and the protection and promotion of diverse cultural expressions, evident in Ghana, are core components of human and sustainable development.

According to the United Nations (2019), an estimated 690 million people (or 8.9 percent of the world population) are hungry worldwide. This suggests that we might not be able to achieve the “zero hunger” target by 2030. With more than a quarter of the world population at the brink of starvation and food security being at risk, as a people, we will need swift actions to nourish ourselves and invest into local food production and promotion in the country. It is thus refreshing to note the aim of this food festival which is to promote local content and products in Ghana and harness the interconnectivity of the SDGs.

Ladies and gentlemen, how do we end poverty as stated in SDG 1 without achieving **food security, improved nutrition and promote sustainable agriculture (SDG 2) with home grown solutions?** Improving food security is also essential in reducing inequalities, because malnutrition disproportionately affects the most vulnerable, such as women, children, elderly, and persons with disabilities as captured

by SDG 10. Additionally, achieving SDG 3 (ensuring healthy lives and promoting well-being for all at all ages) will be difficult to achieve if we cannot achieve SDG 2 since research shows that local food promotes and improves healthy conditions and lifestyles.

## Our Culture and Our Food

Prof. Nana Vice Chancellor, Prof. Chair, ladies, and gentlemen, in a country comprising 16 geographic regions and over 300 traditional paramountcies, about 11 official local languages, and about 95 dialects, we are involved in the sharing of cultures daily especially in the aspects of food, clothing and values. Our story as a people is distinct, our uniqueness important and our customs a pillar of our pride. Our uniqueness as a people is not only expressed in our dances, festivals, and clothing, but by the food and other intangible cultural elements that we share. Our local dishes, cuisines, and delicacies we have and enjoy as a people, are unique and tell of a story of our diversity and origins and that is what makes us distinct and special in our unity.

Our local dishes, cuisines and delicacies are however at a risk of extinction due to acculturation facilitated by globalization. The influx of foreign cultures and food has seen more prominence over the last decades. One of the meals I love is “kontomire potor hwie gusu”, a local Ghanaian dish, prepared using spinach, palm nut, pepper, onion, peanut butter and salted fish locally prepared and taken with a few slices of boiled yam. Likewise, many of my friends from the northern parts of Ghana introduced me to “Tuo-zaafi with Ayoyo soup” which is rich in carbohydrates, irons, and zincs from the leaves with pounded “dawadawa” which helps boost immune systems.

Sadly, the popularity of traditional Ghanaian cuisines has dwindled in recent years. The

younger generation prefer more of the KFC's, fried rice, pizza, and a variety of other cuisines that have supplanted traditional dishes such as 'fufu' with light soup, 'akple' and okro soup and many more. The younger ones are, thus, losing touch with our local foods and cultures. As a country we should be gearing towards developing our local culinary abilities and skills that reflect various beliefs, customs, and habits, and using ingredients, cooking methods, and energies that are home grown and known in our context. Indeed, local dishes in the past did not only satisfy our hunger, but the local ingredients as shown by research, go beyond nutrition to nourishment of the body.

### Our Health and Our Food

Ladies, and gentlemen, food is the most essential requirement in human life. No human being is thought to be able to survive on this planet without nourishment. Food is a part of who we are; it is a personal trait, a component of our identity, and it may capture a variety of emotions. Depending on when, with whom, and why we eat, we make varied decisions. Making the choices for food definitely affects our health and wellbeing. Most people are aware of what a healthy diet is and what they should do to maintain or achieve the health advantages that come with it, but many may not be fully aware that our local cuisines also present us with healthy options.

The benefits of local food to our health are numerous and among them are fiber-rich foods including Ga Kenkey, Fanta Kenkey, Banku, and Yam. Foreign foods, on the other hand, are frequently refined and hence contain less fiber. In addition, kontomire, okro, garden egg stew, aleefu, ayoyo, ademe, bokoboko, kuka, seewaaka, kugbewa, are vegetables you are probably not familiar with but are local and nutrient dense when compared to foreign meals. Apart from the

nutrition, foreign food is expensive when compared to local cuisines. For instance, the price of a beef burger, which may range between 25 and 50 cedis or more depending on the eatery, is way more expensive than "Sala's" waakye, which costs 10 cedis or less.

### Conclusion

Prof. Nana Vice Chancellor, Prof. Chair, ladies, and gentlemen, I would like to end my address by leaving us with three interesting quotes from various food experts and one I have made up:

"When a diet is wrong, medicine is of no use" (Indian Ayurveda philosophy and practice).

The food we eat can either be the safest of the most powerful form of medicine or the slowest form of poison (by the infamous Lithuanian American holistic health practitioner, naturopath and food advocate, Ann Wigmore (1909 -1994).

You do not have to cook fancy or complicated masterpieces, just go for good food from fresh ingredients (Julia Carolyn Child 1912 -2004.)

And my own paraphrased version of Julia Child's quote "there is no need to cook complicated, just use the right and fresh ingredients that are local."

Ladies and gentlemen, we must promote our culture and we must eat Ghana. Continue to enjoy the programme and the rich delicacies and cuisines that have been showcased today.

Thank you very much.



## PRESENTATION ON FOOD SAFETY AND QUALITY – RESEARCH WORKS: DR. (MRS.) GLORIA M. ANKAR-BREWOO



cancer, we are quick to blame witches in our hometowns, without realizing that chronic exposure to hazards like aflatoxins, acrylamide, PAHs, BPA, toxic metals etc. in our food could be contributing to the incidences of these debilitating diseases.

The Department of Food Science and Technology, together with our partners across the food landscape, have conducted numerous studies on the safety of the

Honorable Chairperson, VC of KNUST, Provosts of Colleges present, Deans of Faculties, Heads of Departments, Invited guests, media, students, ladies and gentlemen.

There is a popular saying that African germs are not harmful. Nothing could be further from the truth. There are a lot of dangers we are exposed to through the consumption of unsafe food. Diarrhea, nausea, stomach aches, and fatigue are least consequences experienced from contaminated food and water. Consumption of unsafe food brings far greater consequences, including death. Hepatitis A and E, liver and kidney failure, and cancer are only a few of the very troubling health effects. Of course, the impact of consuming unsafe food is not limited to our health alone. There are economic losses that we typically ignore or overlook. How many of us have not had occasion to throw away food because it had gone bad? What about the cost of medication for treating that stomach ache you got from eating that delicious but unsafe noodles, fufu, banku etc.? I submit to you, that there are several 'What a Shock' posters we see that may have been caused by food-related diseases. When someone is diagnosed with

food we consume daily. These studies paint a rather severe picture of our food safety situation as a country. I highlight a few of the studies and their key findings as examples.

In a recent study, pesticide residue levels were determined in ready-to-eat vegetables collected from 16 sites along the food chain; farms, markets, cafeterias and street food vending sites in Kumasi, Ghana. The aim of the study was to determine the concentrations of pesticides residues in two ready-to-eat vegetables and assess the health risks due to consumption of these contaminated vegetables. The levels of some of the pesticides exceeded safe limits, presenting a risk to consumers.

In another study, we looked at the levels of aflatoxins in fifty cereal-based products intended for infants and young children sampled at retail level across the Greater Accra Region. The samples included rice-based, corn-based, wheat-based, oat-based, millet-based, legume-based and mixed grain products. The results showed that aflatoxin levels in more than half of the samples

exceeded safe limits. It is necessary to note here that these are products typically fed to infants and young children, who are more susceptible to the harmful effects of these toxins. Long-term exposure could lead to developmental challenges, micronutrient deficiencies, liver damage, and in some cases cancer.

There are several toxic metals that contaminate our food supply, usually entering at the farm level. Activities like 'galamsey' have exacerbated this situation. In multiple studies looking at the levels of these toxic metals in our food, we found the presence of lead, arsenic, mercury, and cadmium in concentrations that exceeded the regulatory limits. These metals are classified as Class I carcinogens, which means there is sufficient evidence linking their exposure to cancer. Some of the foods implicated include daily staples like cassava, plantain, maize, and turkey berries (kwaahu nsusuaa) and even our vegetables like nkontomire, carrots, and lettuce.

It is important to understand the key sources of these harmful hazards in order to proffer practical solutions. Our investigations show that many of these hazards are introduced into our foods through poor storage and handling practices at the retail and consumer levels. In view of this, we as a department have made several efforts to educate the public, especially retailers and street food vendors, on the importance of basic hygiene in food handling operations. We have introduced a certificate course in Food Hygiene, and continue to organize training programs in partnership with some district/municipal assemblies. We hope to expand this initiative to cover more areas, and we call on other stakeholders to partner us in this endeavor. We also have more advanced training courses in HACCP and food safety standards for industry.

The work of improving the safety of the food we eat is a collective one. We will continue to play our role as researchers, investigating and

suggesting solutions to some of the challenges we face. But everyone has a role to play. We need to stop deceiving ourselves that African germs are not harmful. If you give them a chance, they will kill you. Take responsibility for what you eat, where it comes from, and who is handling it and how.

We are in the thick of things and there is still much more to do. To borrow words from the Good book, "the harvest is plentiful but the laborers are few". There is room for collaborative research between the Department of Food Science and Technology and other interested Departments and Faculties, as well as industry to develop blueprints and deliver innovations geared towards meeting SDG 2.

In keeping with the astute theme for celebrating KNUST's 70 years of existence, I encourage the budding researchers in the Department of Food Science and Technology to take up the mantle to change the face of the Ghanaian food market in a manner that projects security, safety and above all the Ghanaian identity.

I say "Ayekoo" to the pioneers of Department of Food Science and Technology, KNUST. "Adikanfo mo!"

I say "Ayekoo" to the Head of Department, Professor Isaac W. Ofori and encourage him to do more.

I say "Ayekoo" to the esteemed faculty members and encourage us to do more.

I say "Ayekoo" to the technical and laboratory staff and encourage them to do more.

I say "Ayekoo" to students of Department of Food Science and Technology, KNUST and encourage them to excel.

God bless Department of Food Science and Technology!

God bless Kwame Nkrumah University of Science and Technology!  
God bless Ghana!

## CULTURAL DISPLAYS

Cultural performances by the by the Dance Focus Theater house led/organized by Mrs. Joann Thompson of CeCAST-KNUST, made the event lively and entertaining.



## A POEM BY MARY MAWUNYO ALORWU, STUDENT & MASTERCARD SCHOLAR -FOOD SCIENCE AND TECHNOLOGY, KNUST



### My Food is my Culture

My food is my culture  
Crafted with love and care  
Weaved with creativity and exposure  
Molded out of raw materials that no one knew  
Comes out to become sumptuous and palatable  
My food is my culture  
It builds my body, soul and muscles  
As I eat and drink  
My food lives, my culture wins  
Food shows and sings the song of good health  
Food, like fingerprints are different  
Tomorrow, what would I eat?  
And I ask myself, where does my culture lays  
Just then,  
I heard a voice sounded in my head  
Your health lays within you  
It is the salivation in your mouth  
The smell you perceive  
Your food is what you are  
It lays within you and you alone.

## EXHIBITIONS

Exhibition stands by Student Groups:  
The event saw the display of locally made dishes as well as packaged and processed foods from the various regions in Ghana by the student groups. The student groups represent the 16 Regions of Ghana and International Stand comprising International students from Nigerian, Cameroon, Burkina Faso, Rwanda, Senegal, Sierr Leone, Cote D’ivoire and Exchange Programme students from Germany, France and USA. The Departments and Food Business or individual participants who registered, also displayed their goods/products and services. Each Stand had the chance to give a brief presentation to the participants/viewers who also enjoyed free tasting or purchased the various food products.

Exhibition stands by Departments:  
Department of Food Science and Technology  
Department of Optometry and Visual Sciences  
Department of Horticulture and Animal Science

Exhibition stands by Institutions  
Council for Scientific and Industrial Research- Crops Research Institute (CSIR-CRI)  
KNUST Wellness Center and CANLab  
Mycotoxin Laboratory, FST-KNUST

Exhibition stands by Food Vendors vendors/ others

BUSINESS NAME	LEAD PARTICIPANT
New Vintage	Mrs. Gloria Asafu Adjaye
Revol Food	Martin Anane
Osika’s Bar	Lydia Owusu Twumasi
Afrose Fashion & Foods	Mrs. Rosemary Afi De-Souza
Audrey Ali	Audrey Adumchaab Ali

Longrich Product	James Manu
Ghana National Cocoa Farm	Stephen Anane Boateng
Myhome Plus Ventures	Ms. Mariata Yusifu
Quama Foods	

## HEALTH CHECKS



The Team of students from the Department of Physiotherapy and Sports Science (directed by Dr. Monday Omoniye Moses) did screened and advised volunteers on health indicators such as blood pressure (BP), Body Mass Index (BMI) and body fat.

## SENIOR HIGH SCHOOL PARTICIPANTS



## PARTICIPATION PRIZES



SENIOR HIGH SCHOOL (SHS)	HEAD/LEAD
St. Louis Senior High School	<b>Mrs. Ama Kyerewa Benefo</b> - Headmistress
	<b>Madam Lydia Kumi</b> -Home Economics Department.
	<b>Madam Manuella Angmor</b> – Vocational Dept.
KNUST Senior High School	<b>Madam Sandra Ofosu-Appiah</b> - Head of Department, Home Economics
	<b>Mrs. Charity Ottoo Attah</b> - Teacher
	<b>Ama Asabea Adjei</b> - Teacher
Kumasi Anglican Senior High School	<b>Mrs. Charity Opoku Agyemang</b> – Head of Department, Home Economics

PRIZE CATEGORY	POSITION	WINNER
Best Department	1 <sup>st</sup> Prize	KNUST Wellness Centre
	2 <sup>nd</sup> Prize	Horticulture and Animal Science
	3 <sup>rd</sup> Prize	Food Science and Technology
Best Food	1 <sup>st</sup> Prize	Central Region
	2 <sup>nd</sup> Prize	Northern Region
	3 <sup>rd</sup> Prize	Western Region
Presentation of Varieties	1 <sup>st</sup> Prize	Ashanti Region
	2 <sup>nd</sup> Prize	Bono East Region
	3 <sup>rd</sup> Prize	Volta/Oti Region Greater Accra Region
International (Best & Presentation)	1 <sup>st</sup> Prize	Cameroon
	2 <sup>nd</sup> Prize	Sierra Leone
	3 <sup>rd</sup> Prize	Germany
Best SHS Participant	1 <sup>st</sup> Prize	St. Louis Senior High School

## APPRECIATION

The Organising Committee wishes to thank the Vice-Chancellor, Pro Vice-Chancellor, Provosts of College of Science and College of Humanities and Social Sciences, Director of CeCASt, Department of Food Science and Technology, Department of Geography and Rural Development, Department of Human Resource and Organisational Development, CSIR-CRI, exhibitors, the entire staff and students of KNUST, the general public, media and all other stakeholders of the event. We are very grateful to all our sponsors and partners. God bless us all.



Prayer by Rev. Fr. Dr. Anthony F. Naah, Catholic Chaplain, KNUST.



Professor Jacob K. Agbenorhevi, MC



Dr. Seth Agyemang, Senior Lecturer, GRD, KNUST



Ms. Anita Akua Kyerewaa Kuma, MC



Dr. (Mrs.) Philomena Ama Okyeso Yeboah, Senior Lecturer, Department of English





KNUST FOOD FESTIVAL 2022 ACHIEVING THE SDGS: OUR FOOD, OUR CULTURE, OUR HEALTH















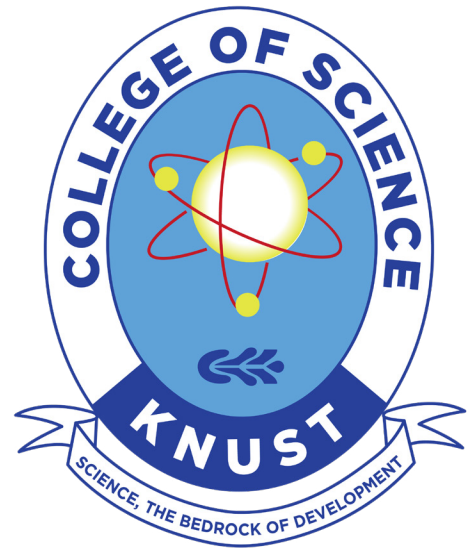






## SPONSORSHIP

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