

Permanent Campus of AIUB www.aiub.edu



AMERICAN INTERNATIONAL UNIVERSITY-BANGLADESH
WHERE LEADERS ARE CREATED

PROGRAMS WE OFFER **Exam date: 21 December, 2014**

Undergraduate Programs	Graduate Programs
<p>BA</p> <ul style="list-style-type: none"> English Media & Mass Communication (MMC) <ul style="list-style-type: none"> Major in Print & Electronic Journalism Major in Advertising <p>BSS</p> <ul style="list-style-type: none"> Economics <p>BBA (Granted Full Accreditation by PAASCU)</p> <ul style="list-style-type: none"> Accounting and Finance Economics Human Resource Management (HRM) International Business (IB) Investment Management (IM) Management Management Information Systems (MIS) Marketing Operations Management (OM) Tourism & Hospitality Management (THM) <p>BArch (Accredited by IAB)</p> <ul style="list-style-type: none"> Architecture <p>BSc</p> <ul style="list-style-type: none"> Electrical & Electronic Engineering (EEE) [Accredited by IEB & PAASCU] Computer Engineering (CoE) <p>BSc (Granted Full Accreditation by PAASCU)</p> <ul style="list-style-type: none"> Computer Science (CS) Software Engineering (SE) Computer Information Systems (CIS) <p><i>(Students from Commerce background may apply)</i></p> <ul style="list-style-type: none"> Computer Science & Software Engineering (CSSE) Computer Science & Engineering (CSE) 	<p>MPH</p> <ul style="list-style-type: none"> Epidemiology Reproductive & Child Health Dental Public Health Occupational & Environmental Health Public Health Administration Hospital Management <p>MDS Masters in Development Studies (MDS)</p> <p>MBA (Granted Full Accreditation by PAASCU)</p> <ul style="list-style-type: none"> Accounting Agribusiness Economics Finance General Management Human Resource Management (HRM) Management Information Systems (MIS) Marketing Operations Management (OM) <p>EMBA Executive MBA (Granted Full Accreditation by PAASCU)</p> <p>MEngg/M.Sc.Engg</p> <ul style="list-style-type: none"> Master of Engineering in Telecommunications (MTel) Masters in Electrical & Electronic Engineering (MEEE) <p>MSC</p> <ul style="list-style-type: none"> Master of Science in Computer Science (MSCS)

★ **PAASCU: Philippine Accrediting Association of Schools, Colleges and Universities. Member of APQN- Asia Pacific Quality Network, INQAAHE, NCFMEA, CHEA-IQG, AQAN.**

Continuing Education Center (CEC)

- Cisco Networking Academy (ITC/ASC)
- Microsoft IT Academy and MSDNAA
- EC-Council Academia
- SAP University Alliance
- Juniper Networks Academic Alliance

Courses Offered:

- ITE, CCNA, CCNA Security, CCNP Boot camp
- MCITP, MCSD, PHP, Java, Linux, Android, CEH
- SAP, Graphic Design Services
- Interior Designing & Decoration training
- JUNOS, JNCIA

For more information on the CEC Programs: Phone: 9894641, 9886116, 8820865, Ext-406 Email: ce@aiub.edu

<p>ADMISSION INFORMATION OFFICE</p> <p>83/B, Kemal Ataturk Avenue, Banani Phone: 8815387, 9897387, 9894229 Ext. 100, 200</p>	<p>GRADUATE PROGRAM OFFICE [12 PM TO 8 PM]</p> <p>58/B, Road 21, Banani Phone: 8820865, 9890804, 9894641 Ext. 555</p>
---	--

Daily Star Books
Expanding Horizons



Daily Star
BOOKS

Thought for food

FRUITS & VEGETABLES TO KEEP YOU HEALTHY

Eat well and live well. Fruits and vegetables are natural gifts full of vitamins, minerals, antioxidants and phyto nutrients as well as fibre which are essential for good health.

- Selection of fruits & vegetables:**
- Select locally grown seasonal fruits and vegetables by implementing good agricultural practices.
 - Purchase fresh, natural colored and natural flavored fruits and vegetables.
 - Avoid purchasing abnormal colored and bruised produce having smell or signs of pesticides.
 - Buy different colored vegetables and dark vegetables rich in minerals.

How much fruits & vegetables we should add in our daily diet?

Daily portion of fruits and vegetables should be included in our daily diet.

Small-sized fresh fruit: One portion means two or more small fruits, for example two plums, six lychees, seven strawberries or 14 cherries.

Medium-sized fresh fruit: One portion is one whole fruit such as one apple, banana, orange or nectarine.

Large fresh fruit: One portion means one fourth of Pomelo or one papaya slice, or slice of melon (5cm slice), or one large slice of pineapple or two slices of mango.

Dried fruits: A portion means 30g of dried fruit which includes tablespoon of raisins, or one tablespoon of mixed fruit and nuts.

Daily portion of vegetables:

Green vegetables: Two broccoli spears or four heaped tablespoons of cooked spinach, other leafy vegetables or green beans count as one portion.

Cooked vegetables: Three heaped tablespoons of cooked vegetables such as - carrots, peas or sweet corn or eight cauliflower florets count as one portion.

Salad vegetables: Three celery sticks, piece of cucumber, one medium tomato or seven cherry tomatoes count as one portion.

Tinned and frozen vegetables: More or less the similar quantity as consume as fresh portion. For example, three heaped tablespoons of tinned or frozen carrots, peas or sweet corn (preserved in water) count as one portion each.

Pulses and beans: Three heaped tablespoons of baked beans, kidney beans, chickpeas count as one portion each.



Health benefit and nutritional value of fruits and vegetables:

- Add more fruits and vegetables to daily diet to minimize the risk of some chronic diseases.
- Eating a diet rich in vegetables and fruits may reduce risk for heart disease.
- Vegetables and fruits rich diet is overall healthy diet which may protect against certain types of cancers.
- Fiber containing diet including vegetables and fruits may reduce the risk of obesity, diabetes and assist to clear bowel.
- Potassium rich vegetables and fruits may lower blood pressure, and may also reduce the risk of developing kidney disease and help to decrease bone loss.
- Citrus fruits provide vitamins C that are important for growth and repair of all body tissues.

How should we use fruits and vegetables?

- Wash fruits and vegetables after immediate purchasing with chlorinated water.
- Soak them in salt water or vinegar solution for few minutes and then wash in cool running water to get rid of dust, sand and any external residues of chemicals or Microbes.
- Cook vegetables at appropriate temperature and boiling temperature is recommended
- Store excessive cooked vegetables at chilled storage at below 5 °c.
- Maintain Personal Hygiene during processing.

■ **Md. Saiful Kamal Azad**

The writer is Food Safety & HACCP Consultant And Global Food Safety & HACCP Trainer Chartered Institute of Environmental Health, UK Email: mdsaifulkamal@yahoo.co.uk

an initiative of:




Our **ePAPER** is **BACK**

Read The Daily Star at epaper.thedailystar.net



Upto Tk.17,000 discount
For STAR Customers only
at Grameenphone Centers

Limited stock. Get yours today!

3GB 3G Data Free!

<p>Samsung GALAXY GRAND Prime</p> <p>TK. 22,900 TK. 19,900</p>	<p>Samsung GALAXY GRAND 2</p> <p>TK. 26,500 TK. 22,900</p>	<p>Samsung GALAXY Tab 3</p> <p>TK. 53,000 TK. 40,000</p>	<p>Samsung GALAXY Tab 3</p> <p>TK. 63,000 TK. 50,000</p>	<p>Samsung GALAXY Note 4</p> <p>TK. 80,000 TK. 67,500</p>	<p>Samsung GALAXY S5</p> <p>TK. 60,000 TK. 43,000</p>
---	---	---	---	--	--

See inner for details...

Grameenphone Centers (GPC):

GP Experience Center-Jamuna Future Park, Progoti Sharani, Dhaka, **GPC Mirpur**-Grameenphone Center, Rabiul Plaza, Plot No-C-1/kha, Section-1, Mirpur, Dhaka-1216, **GPC Motijheel**-Grameenphone Center, City Center Building (1st Floor) 103, Motijheel C/A (Plot: 5/A), Dhaka-1000, **GPC Gulshan**-Grameenphone Center, House# CES(A) 1A, Road# 113, Gulshan Avenue, Dhaka-1212, **GPC Farmgate**-Grameenphone Center, 71, Kazi Nazrul Islam Avenue, Farmgate, Dhaka, **GPC Dhanmondi**-Grameenphone Center, House# 38/2, Road# 16 (New), 27 (old), Dhanmondi R/A, Dhaka-1205, **GPC Mymensingh**-Grameenphone Center, 11, C K Ghosh Road, Mymensingh, **GPC GEC, Nasirabad**-Grameenphone Center, 1012/A, CDA Avenue, East Nasirabad, Chittagong, **GPC Agrabad**-Grameenphone Center, 59, Agrabad C/A, Chittagong, **GPC Comilla**-Grameenphone Center, 1043/946, Jhatajala, Comilla, **GPC Rajshahi**-Grameenphone Center, Dainik Barta Complex, Alu Patti, Natore Road, Rajshahi, **GPC Rangpur**-Grameenphone Center, Central Point, Central Road, Paira Chatter, Rangpur, **GPC Bogra**-Grameenphone Center, Amicus Plaza (Ground Floor), Plot# 2088 (Old)/8079 (New), Shahid Abdul Jobbar Road, Jaleshwaritola, Bogra-5800, **GPC Dinajpur**-Grameenphone Center, Goneshtala Dinajpur Town (Opposite to Fire Service), Dinajpur, **GPC Khulna**-Grameenphone Center, 181, Khan-A-Sabur Road, Khulna, **GPC Jessore**-Grameenphone Center, Holding# 128 (Ground Floor), RN Road, Jessore-7400, **GPC Barisal**-Grameenphone Center, L L Tower, 119, Sadar Road, Barisal, **GPC Sylhet**-Grameenphone Center, Dewan Mansion, Airport Road, Amborkhana, Sylhet

