

# 2.2 *Yummy but Harmful*

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Colour added in cold drinks to make it more attractive



Food colour added in jelly to attract children





# Yummy and Colourful candies but unhealthy and harmful



People are mixing food colour in food to make it more attractive.

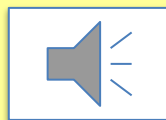




Brick powder and red colour is used as an adulterant for chilly powder.



Adulteration = भेसळ



# Introduction

The main aim of the lesson 'Yummy but Harmful' is to create awareness among students regarding adulteration. In this lesson the writer describes facts of food adulteration. Research institutes have all proofs of adulteration. They have found that the percentage of adulteration in food is increasing day by day.



## Introduction Continued

Even permitted food colours are added beyond permissible levels in food products. Food colour is added in such food items that are most popular among children. Children are easily attracted towards colourful food products. It has been proved that food colour is very harmful for overall growth of children. So all have to be aware about food adulteration and take care of health.

# Concept Web

## Adulteration

- Food colour is used to make products attractive.
- Low quality adulterant increases the quantity but decreases the quality of a food product.

## Findings of Research Institutes

- Use of food colour beyond permissible limits makes a food product harmful.
- Food colour is very harmful for the growth of children.

## Precautions

- Avoid street food and colourful food.
- Eat healthy food and be careful about food adulteration.

# Yummy but harmful !

Read and listen to the prose carefully.



*Indian markets are flooded with foods that contain colours beyond permissible limits*

Next time you salivate at the sight of a juicy, yellow rasgulla, consider this: the dye used to colour it could be harmful.

Scientists at the Indian Institute of Toxicology Research (IITR), Lucknow, have found that the country's markets are flooded with foods that contain colours beyond permissible levels. Around 12 per cent of food products, especially those consumed by children like candy floss and sugar toy, contain colours banned by the government.

The team tested both branded and unbranded foods like candy floss, sugar toys, beverages, mouth fresheners and bakery products in 16 states. They found that the levels of food colours in more than half of the products exceeded the accepted daily intake limit of 100 mg/ kg prescribed by the Food Safety and Standards Authority of India. The study was published in the August issue of Food Additives and Contaminants. “While reputed shops in most towns used permitted colours, the quantity was much beyond the permitted levels,” says Mukul Das, senior scientist with IITR. Among the states, West Bengal and Uttar Pradesh were the biggest flouters. They used prohibited colours to the extent of 27 and 25.8 per cent respectively.





Studies have shown that overuse of tartrazine (artificial colour) in jam and jellies can cause irritability in children. A study by the National Institute of Mental Health and Neurosciences, Bengaluru, found that metanil yellow used in jalebis is neurotoxic to rats. The colours also impair growth in children.

The government should follow up the matter and regulate use of colour in food products. But a food safety expert at the National Institute of Nutrition, Hyderabad, points that this might be difficult.



# Meanings of words

- Candy floss:



A mass of pink or white fluffy spun sugar wrapped round a stick.

- Sugar toy:



साखर टाकून  
बनवलेले  
खाण्याचे खेळणे

- Beverages:



Any one of various liquids for drinking, usually excluding water.

- Mouth Fresheners :-



- Bakery Products :-





**What is Adulteration?**

# Adulteration

- Mixing something impure or harmful with something genuine or pure or an inferior material with a superior one of the same kind.
- Basically adulteration is a process where impure (duplicate) ingredient (material) is mixed or added in pure (original) ingredient.

- Main aim of adulteration is to increase the quantity of the product to make more money and profit. Because of adulteration the quality of the product is decreased automatically.
- Adulteration makes a product attractive, colorful and tasty. Because of adulteration major, nutritious and important ingredients are lost from food (unhealthy food).

Let us See Some Other Examples of  
Adulteration



# A D U L T E R A T I O N

Tommaso



The boy is adding ammonia in milk as adulterant



Vanaspati ghee is used as an adulterant for pure ghee.



- Milk adulteration involves adding water to milk and removing the beneficial fats from milk. Often soya milk, starch, groundnut milk, and wheat flour are added to milk. This makes the milk less nutritious.





- Addition of some other material in pickle to increase the quantity ( weight ) of pickle.





Chalk powder is used as an adulterant for flour.



- Wood powder is adulterated for turmeric & dhaniya powder.





- Food grain adulteration involves mixing sand, crushed stones or dirty grains to increase the weight of food grains.



- Olive oil is adulterated by adding other, cheap oil



- Honey is adulterated by adding sugar





- Sugar is adulterated by mixing other stones.





- Papaya seeds and other seeds are as an adulterant for black pepper (मीरे).



# Let's Practice



# Tick on the Healthy and Harmful Food from the List

T1\_L7\_A1

1.



2.



3.



4.



5.



# Answer Key



✓



X



X



✓



X

# Exercise



Find out the meanings of the given words, use a dictionary and write the meaning of the words.

- 1. Dye = .....
- 2. Branded = .....
- 3. Banned = .....
- 4. Nutritious = .....
- 5. Unbranded = .....

# Let's Think and Share

- Students have you ever seen adulteration around you? If yes share your experiences with your classmates, teacher and parents.
- After learning 'Yummy but Harmful' what kind of care will you take while buying food items? List it down in your English notebook and share it with your classmates, teacher and family.
- What kind of actions would you like to take to stop adulteration and create awareness about adulteration? List it down in your English notebook and share it with your classmates, teacher and family.

Read More

# Eat Fruits Not Pills

T1\_L9-A1



**TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.**

It only takes  
one person to  
change your life:

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YOU





HEALTHY



EATING

# Reference Links

<http://www.shareyouessays.com/110968/4-different-types-of-food-adulteration-and-its-harmful-effects>

[w.biotecharticles.com/Healthcare-Article/Food-Adulteration-Types-Worldwide-Laws-Future-3165.html](http://w.biotecharticles.com/Healthcare-Article/Food-Adulteration-Types-Worldwide-Laws-Future-3165.html)