

# Activity: CREATE FOOD LABEL



Your class has manufactured baby food

Design a label for the baby food jar:

- Choose appropriate name of product
- Mention information on the label
- Do its pricing

## Information to be displayed on the label includes:

Name of the food product.

List of ingredients in descending order of weight

Nutritional facts

Food additives and their class/ identification number of colours

Name and address of manufacturer and manufacturing unit

Net weight of contents and drained weight

Lot/Code/Batch identification no.

Date of manufacture dd/mm/year

Best before date

If irradiated- particulars

Country of origin for imported food

Instructions for use & disposal of packaging

Licensing authority and license number

The label may have pictures and graphics on it

# Activity: Detection of artificial colour in turmeric powder



Testing method:

- Add a teaspoon of turmeric powder in a glass of water.
- Natural turmeric powder leaves light yellow colour while settling down.
- Adulterated turmeric powder will leave a strong yellow colour in water while settling down.



Pure



Adulterated

# Activity: Detection of papaya seeds in black pepper



Testing method:

- Add few black peppercorns to a glass of water.
- Pure black pepper settles at the bottom.
- If adulterated, papaya seeds float on the surface of water.



**Black pepper**



**Papaya seeds**

# Activity: Visit School Cafeteria!

You are the Food Quality Inspector of your school. Rate the cafeteria for the 7 C's



7 C's	Parameters	Star Rating
Check	Raw Material Quality Packaged food Quality Temperature of frozen food	☆☆☆☆☆
Clean	Packages, tins, bottles Fruits and vegetables Plates, glasses and spoons	☆☆☆☆☆
Cover	Food in preparation area Food in refrigerator Food during service	☆☆☆☆☆
Cook	Thaw frozen foods correctly food is thoroughly cooked food. Taste, aroma and color	☆☆☆☆☆
Cool/chill	Perishable food is cooled within 1.5 - 2 hrs Food is refrigerated/frozen within 1.5 -2 hrs	☆☆☆☆☆
Consume	Food is served in a clean environment. Crockery and cutlery is clean Hot food is above 63oC. Single service items are not reused. Plate waste and plastic waste is Segregated. Potable water is available.	☆☆☆☆☆
Cross Contamination Food	Handlers wash hands well. Raw and cooked food is apart. Separate chopping boards and knives are used for raw and cooked. Store raw food below cooked food.	☆☆☆☆☆

# Activity: Healthy Menu



- Create a healthy menu based on the principles of a balanced diet



Fruit and vegetables

Whole wheat bread, rice,  
potatoes, pasta

Pulses , Legumes,  
Meat, Fish and Eggs

Fats and Oils

Milk and dairy foods



# Activity: READING FOOD LABELS

Visit nearest supermarket & check labels of at least 6 of your favourite foods!



- Are number of servings mentioned on the label?
- How many grams of sugar is present in one serving?
- How many grams of fat does the food contain/serving?
- How much saturated fat is present in one serving?
- How many grams of salt does the food contain per serving?
- Does the food make any special nutritional claims?

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