

## Worksheet

### Class 10<sup>th</sup> ( science)

### Chapter 1<sup>st</sup> Food and Human Health

#### Adulteration in food products

**Adulteration :-** A process of making food or drink weaker or lowering its quality, by adding something else is called adulteration.

- According to an estimate around 30-40 percent products are adulterated.

#### **Cold drinks:-**

- Chemicals like lindane, melecthian, and chlorpyriphom mixed in cold drinks are considered responsible for cancer, nervous, reproductive diseases and damages the immune system.
- During the manufacturing of the cold drinks phosphoric acid is mixed in it, which directly affects the teeth, it has the capacity to even dissolve the iron.
- The chemical ethylene glycol mixed in it does not allow the water to freeze even at zero degree, commonly it is called as “Sweet poison” .

- Boric, erithorbic, and benzoic acid collectively increase the acidity of cold drinks, which causes burn in stomach, indigestion, sensation in brain, irritability and acidity. It also hinders the development of bones.
- 0.4 pps lead (Pb) is mixed in cold drink which is hazardous for brain, liver and muscles.
- Caffeine mixed in it causes Insomnia and Headache.

### **Milk**

- Now a day milk too has also become a sample of adulteration in spite of being healthy.
- People are drinking urea, detergent, soda, poster colour, refined oil in the name of milk.

### **Edible oil and ghee**

- Seeds of argimone, cheap palm oil are mixed in mustard oil.
- It is common practice to mix vegetable ghee in native ghee.

### **Other adulteration**

- Brick powder in chilli powder.
- Artificial green colour on fennel.
- Lead chromate and yellow soil in turmeric.

- Sulphur in chilli and coriander.
- Papaya seeds are mixed in black pepper.
- Chemical injection for bringing colour in fruits and vegetables, lead and copper solution is sprayed for fresh appearance, and silver nitrate is sprayed on cauliflower for whitish colour.
- Khansari dal is mixed in gram and tur dal, corn flour in gram flour, pulses and rice are artificially polished.
- Some colours are used in sweets which can lead to cancer and can bring deformities.
- Fake mava is coming into market.
- Adulteration in medicines have crossed all the limits.