🌟 🚀 UNIT 4 – ONE-SHOT NOTES & SOLVED MCQs! Complete Study Guide | MCQs | Important Questions | Exam-Ready V

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★ 1. What is HACCP?

- HACCP (Hazard Analysis Critical Control Point) is a globally recognized food safety
- It helps identify, evaluate, and control hazards that could compromise food safety during production, processing, and handling.

2. Define Hazards

A hazard is any contaminant or condition that can cause illness or injury in food. refer to biological, chemical, or physical agents that pose health risks.

1 3. Three Types of Hazards

- 1 Biological Hazards
 - Caused by bacteria, viruses, yeasts, molds, and parasites
 - Examples: Salmonella, E. coli, Clostridium botulinum
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2 Chemical Hazards 🧪

- Includes pesticide residues, food additives, and industrial contamination
- **Examples:** Heavy metals, cleaning agents in food processing

3 Physical Hazards ***

- Presence of foreign objects that may cause injury
- **Examples:** Glass, stones, plastic, metal fragments

🦠 4. Examples of Biological Hazards

- 🔽 Bacteria: Salmonella, E. coli, Clostridium botulinum
- Viruses: Norovirus, Hepatitis A virus
- **Fungi:** Aspergillus species (produces harmful toxins)
- Parasites: Giardia lamblia, Cryptosporidium



5. Microorganisms That Cause Foodborne Diseases

- Common pathogens and their sources:
- ✓ Salmonella → Found in raw meat, eggs, poultry
- ✓ Clostridium botulinum → Causes botulism (severe paralysis)
- ✓ E. coli → Found in undercooked meat, contaminated water
- ✓ Listeria monocytogenes → Found in soft cheeses, deli meats
- ✓ Norovirus → Leading cause of viral gastroenteritis

6. Main Diseases Caused by Foodborne

Microorganisms

Disease **Causative Agent Transmission Source**

Typhoid Salmonella typhi Contaminated food & water

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Cholera Vibrio cholerae Contaminated water, seafood

Dysentery Shigella species Poor sanitation, contaminated

Tuberculosi Mycobacterium tuberculosis Infected dairy products

Hepatitis A Contaminated food or water Hepatitis A virus



7. Causes of Cholera

✓ Causative Agent: Vibrio cholerae (bacteria)

✓ Transmission: Consuming food or water contaminated with feces

✓ Common Sources:

- Municipal water supplies
- Ice made from contaminated water
- Raw or undercooked seafood



🦠 8. Causes and Carriers of Typhoid

- ✓ Causative Agent: Salmonella typhi
- ✓ Transmission:
 - Contaminated food & water
 - Poor sanitation & hygiene
 - Direct contact with an infected person
 - **✓** Carriers:
 - Some people become **chronic carriers** (e.g., "Typhoid Mary")
 - They **shed bacteria** in their feces long after recovery



😊 9. Define Salmonellosis

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- ✓ Salmonellosis is a foodborne illness caused by Salmonella bacteria.
- ✓ Symptoms: Diarrhea, fever, abdominal cramps <a>
- ✓ Sources: Contaminated raw meat, eggs, dairy products

💉 10. Define Immunization

- ✓ Immunization is the process of making a person immune to infectious diseases.
- Achieved through vaccination *
- Vaccines stimulate the immune system to recognize and fight disease-causing organisms.

Bonus: Food Safety Tips!

- Wash hands before handling food
- Cook food properly (avoid undercooked meats)
- Store food at safe temperatures (avoid leaving food at room temp for long)
- Avoid cross-contamination (use separate chopping boards for raw & cooked food)



Drink clean, safe water

1. Types of Personal Hygiene

Personal hygiene refers to maintaining cleanliness to prevent infections and promote good health. The key types include:

- Shower Hygiene Bathing regularly to remove bacteria, dirt, and dead skin cells.
- Hand Hygiene Washing hands frequently, especially before eating and after handling garbage.
- → Toilet Hygiene Washing hands with soap after using the restroom to prevent germ spread.
- Teeth Hygiene Brushing twice a day, flossing, and using mouthwash to prevent gum diseases.
- Y Nail Hygiene Keeping nails trimmed and clean to avoid bacteria buildup.
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Sickness Hygiene – Covering the mouth when sneezing, disinfecting surfaces, avoiding sharing utensils.

2. Define Food Sanitation

Food sanitation refers to the **measures taken** to keep food **free from contaminants** and **safe for consumption**.

- ✓ Cleanliness Keeping the cooking and eating environment hygienic.
- ✓ Proper Food Preparation Cooking food at safe temperatures to kill harmful microorganisms.
- ✓ Safe Storage Storing food at the correct temperatures to prevent spoilage.
- ✓ Hygienic Serving Using clean utensils and practicing proper handwashing when handling food.

3. Describe Integrated Pest Management (IPM)

IPM (Integrated Pest Management) is an **ecological approach** to pest control that uses multiple **sustainable** methods instead of relying solely on **chemical pesticides**.

- Siological Controls Using natural predators (e.g., ladybugs for aphids).
- **YE Crop Rotation & Resistant Varieties** Reducing **pest populations** by changing crops seasonally.
- **Mechanical Methods** Using traps, barriers, and physical removal.
- Selective Pesticide Use Only applying chemicals when absolutely necessary to reduce environmental harm.

4. Define Pests

Pests are **organisms** that **damage crops**, spread **diseases**, or **contaminate food supplies**. They include:

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- Insects Mosquitoes, cockroaches, termites (transmit diseases).
- **Rodents Rats**, **mice** (damage food supplies & spread infections).
- Y Weeds Unwanted plants that compete with crops for nutrients.
- 🦠 Microorganisms Bacteria, fungi, viruses (cause foodborne illnesses).

Quick Food Hygiene Tips!

- Always wash hands before handling food ***
- Keep food covered and stored properly to avoid contamination
- Avoid cross-contamination (use separate cutting boards for raw & cooked food)
- Keep kitchen surfaces clean and disinfected
- Use pest control methods to prevent infestations \(\int\);

1. Define Adulterants

- ✓ Adulterants are substances added to food intentionally or unintentionally to reduce its quality and increase profit.
- ✓ They can be harmful or non-harmful, but all reduce the purity of food.

1 2. Define Adulteration

- ✓ Adulteration is the process of lowering food quality by adding harmful substances or removing essential nutrients.
- ✓ It can occur at any stage: production, storage, processing, transportation, or distribution.

3. Types of Adulteration

Intentional Adulteration – Adding low-cost substances to increase quantity & profit.

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- **Examples:** Sand in sugar, chalk in flour, argemone oil in mustard oil. 2 Incidental Adulteration – Occurs due to negligence, improper handling, or environmental contamination.
- Examples: Pesticides in vegetables, fungus in grains. 3 Metallic Adulteration – Presence of harmful metals in food.
- Examples: Lead in turmeric, mercury in seafood.

4. FSSAI – Very Important!

- ✓ Full Form: Food Safety and Standards Authority of India (FSSAI)
- ✓ Established in: 2006, under the Food Safety and Standards Act, 2006
- ✓ Role of FSSAI:
 - Sets scientific standards for food safety.
 - Regulates food manufacturing, storage, and distribution.
 - Prevents adulteration & food contamination.

Students, do not miss this! FSSAI is the top authority ensuring that food sold in India is safe and hygienic.

5. Common Adulterants (Must Remember!)

Food Item	Adulterant	Harmful Effects
Milk	Water, starch, detergent	Stomach disorders, kidney issues
Mustard Seeds	Argemone seeds	Epidemic dropsy, blindness
Turmeric & Spices	Lead salts, metanil yellow	Cancer, liver damage
Tea Leaves	Used tea leaves, iron fillings	Liver disorders
Pulses	Artificial coloring (Metanil Yellow)	Nerve damage, cancer risk

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Sugar	Washing soda, chalk powder	Digestive issues
Coffee	Tamarind seed powder, chicory powder	Stomach disorders, joint pain
Vegetables & Fruits	Pesticides, artificial ripening agents	Food poisoning, hormonal imbalance

*Important Reminder! Adulteration is a crime under FSSAI laws, and offenders are punished severely.

6. Effects of Adulterants (In Brief)

- Short-Term Effects: Stomach pain, nausea, vomiting, food poisoning.
- Long-Term Effects: Cancer, liver/kidney damage, weakened immunity.
- Fatal Effects: Epidemic dropsy (Argemone oil), Paralysis (Kesari Dal), Brain damage (Metanil Yellow).

■ What is a Food Label?

A food label is a panel on packaged food that provides essential details about:

- ✓ Nutritional value (calories, protein, fat, carbs, vitamins, minerals).
- ✓ Serving size & ingredients list.
- ✓ Health claims (e.g., "Low Fat," "High Fiber").
- ✓ Expiration & best-before dates.
- ✓ Manufacturing & safety information.

Why Are Food Labels Important?

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Food labels help consumers make informed dietary choices by:

- ✓ Allowing comparison between products.
- ✓ Helping individuals with dietary restrictions (e.g., diabetics avoiding sugar).
- ✓ Indicating potential allergens (nuts, dairy, gluten).
- ✔ Preventing consumption of expired or unsafe food.

What Information Must Be on a Food Label?

- Product Name Identifies the food item.
- Manufacturer Details Name, address, and contact information.
- Ingredients List Listed in descending order of weight.
- Net Quantity Weight or volume of food in the package.
- Nutritional Information Calories, carbs, fats, proteins, vitamins, minerals.
- Additives & Preservatives Artificial colors, flavors, stabilizers.
- Allergen Warnings Declaration of common allergens like nuts, dairy, gluten.
- FSSAI License Number Ensures food safety certification.
- Best Before / Expiry Date Shelf life of the product.
- Batch/Lot Number Helps in product recall if needed.

Benefits of Reading Food Labels

- ✓ Helps track daily calorie intake.
- ✓ Supports healthy eating choices.
- ✓ Assists individuals with medical conditions (diabetes, heart disease).
- ✔ Provides cooking & storage instructions.

Limitations of Food Labels

- X Misleading claims "Natural" or "Healthy" doesn't always mean good.
- **X** Small print Difficult to read for some consumers.
- X May lack complete details on processing or ingredient sourcing.
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What Are HFSS Foods?

- HFSS = High in Fat, Sugar, and Salt.
- These foods are:
- ✓ Energy-dense, low in nutrients.
- ✓ Linked to obesity, diabetes, heart disease.
- ✓ Found in fast food, snacks, sweets, carbonated drinks.

Examples of HFSS Foods

- ✓ Fried Foods French fries, chips, samosas.
- ✓ Sugary Drinks Soft drinks, flavored sodas.
- ✓ Packaged Snacks Biscuits, chocolates, cakes.
- ✓ Instant Processed Foods Noodles, pasta, frozen meals.



Health Risks of HFSS Foods

- Obesity Leads to weight gain & metabolic disorders.
- Diabetes Excess sugar increases blood sugar levels.
- Hypertension (High BP) Excess salt increases heart disease risk.
- Cardiovascular Diseases Trans fats clog arteries, increasing stroke risk.

HFSS Food Consumption in India

- Increasing in both urban & rural areas.
- ✓ Marketing & advertisements target children.
- Replacing traditional balanced diets with unhealthy processed foods.



How to Reduce HFSS Food Consumption?

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- ✓ Limit HFSS foods Choose homemade and fresh food.
- ✓ Check food labels Avoid foods high in sugar, salt, and trans fat.
- ✓ Encourage balanced diets Include vegetables, fruits, whole grains.
- ✓ Regulate school canteens Ban HFSS foods in schools.
- ✓ Stay physically active Exercise to burn excess calories.
 - 1. Which of the following is NOT a type of food hazard?
 - a) Biological
 - b) Chemical
 - c) Physical
 - V d) Nutritional
 - 2. HACCP stands for:
 - a) Hazard Analysis and Contamination Control Process
 - V b) Hazard Analysis and Critical Control Points
 - c) Hazard Avoidance and Consumer Protection
 - d) High-Alert Contamination Control Procedure
 - 3. Which of the following is a biological food hazard?
 - a) Salmonella
 - b) Lead
 - c) Glass shards
 - d) Pesticide residue
- 4. Which type of food hazard includes foreign objects like plastic or metal pieces?
 - a) Biological
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- V b) Physical
- c) Chemical
- d) None of the above
- 5. Which of these is an example of a chemical food hazard?
- a) Pesticides in vegetables
- b) E. coli in meat
- · c) Glass in packaged food
- d) Hair in food
- 6. Which of the following is NOT part of personal hygiene in food safety?
- a) Washing hands before food handling
- b) Wearing clean clothes
- c) Keeping nails trimmed
- d) Using food additives
- 7. Which of these is the most effective way to prevent foodborne illnesses?
- a) Proper handwashing
- b) Using artificial preservatives
- c) Cooking at low temperatures
- d) Freezing all food
- 8. What is the minimum recommended handwashing duration in food service?
- a) 5 seconds
- V b) 20 seconds
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- c) 40 seconds
- d) 1 minute
- 9. Which of these is a good food hygiene practice?
- a) Storing raw and cooked food together
- V b) Using separate cutting boards for raw and cooked food
- c) Storing perishable food at room temperature
- d) Ignoring expiry dates
- 10. Which of these food items is most likely to cause food poisoning if handled improperly?

 - b) Dry spices
 - c) Processed biscuits
 - d) Bottled water
 - 11. What does food adulteration mean?
 - a) Adding inferior substances to food
 - b) Increasing nutritional value of food
 - c) Enhancing food flavors naturally
 - d) Using organic farming methods
 - 12. Which adulterant is commonly found in milk?

 - b) Iron fillings
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- c) Wax
- d) Plastic
- 13. Metanil yellow, used as an adulterant in food, can cause:
- b) Weight loss
- c) Diabetes
- d) Skin rashes
- 14. Which of these is NOT a common food adulterant?
- a) Argemone oil in mustard
- 🔽 b) Calcium in milk
- c) Lead salts in turmeric
- d) Washing soda in sugar
- 15. What is the main health risk of adulterated food?
- a) Food poisoning and long-term diseases
- b) Improved shelf life
- c) Enhanced taste
- d) None of the above
- 16. Which regulatory body in India enforces food labeling standards?
- a) WHO
- V b) FSSAI (Food Safety and Standards Authority of India)
- c) FDA
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- d) BIS 17. What does "best before" on a food label indicate? a) Recommended time for best quality b) Expiry date c) Manufacturing date d) Storage temperature 18. Which of these is a mandatory component of food labels? a) Ingredients list b) Brand logo c) Pricing details d) Customer feedback 19. Which nutrient is often highlighted on labels for heart health? a) Sodium content b) Vitamin C c) Carbohydrates d) Water 20. Why are food labels important? a) Help compare different products b) Assist in making healthier choices c) Identify allergens and food safety information d) All of the above
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- ★ Chapter 17: HFSS Foods and Their Implications
 - 21. What does HFSS stand for?
 - a) High Fiber and Saturated Salt
 - 🔽 b) High Fat, Sugar, and Salt
 - c) Healthy Food Safety Standards
 - d) High Folic and Selenium Sources
 - 22. Which of the following is an HFSS food?
 - a) Fresh vegetables
 - b) Whole grains
 - C) Fried chips
 - d) Green tea
 - 23. Which health condition is most linked to excessive HFSS food consumption?
 - a) Malaria
 - b) Tuberculosis

 - d) Anemia
 - 24. Which of these is NOT a negative effect of HFSS foods?
 - a) Increased risk of heart disease
 - b) High blood sugar

 - d) Hypertension
 - 25. Why are HFSS foods harmful?
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- b) They provide necessary vitamins
- c) They boost immune function
- d) They help in weight loss
- 26. Which age group is most vulnerable to HFSS food marketing?
- a) Elderly (60+)
- V b) Children & teenagers
- c) Middle-aged adults
- d) Infants
- 27. Which regulation aims to reduce HFSS food in school canteens?
- b) Food Packaging Act
- c) Organic Food Certification
- d) None of the above
- 28. What is a common marketing strategy used to promote HFSS foods?
- b) Nutritional transparency
- c) Government approval
- d) Free health check-ups
- 29. What is the best way to reduce HFSS food consumption?
- a) Increase advertising
- V b) Promote healthy eating habits & awareness
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- c) Ban all processed foods
- d) Consume HFSS foods in larger quantities
- 30. Which is an alternative to HFSS snacks?
- b) Packaged chips
- c) Soft drinks
- d) Processed biscuits
- ♣ One-Marker Questions (20 Marks)

(Answer in one word or one sentence)

- 1. What is the full form of HACCP?
- ✓ Hazard Analysis and Critical Control Points
 - 2. Name any one biological food hazard.
- Salmonella
 - 3. Which chemical is commonly used as a food preservative?
- Sodium Benzoate
 - 4. What does FSSAI stand for?
- ▼ Food Safety and Standards Authority of India
 - 5. Which type of food hazard is caused by metal, plastic, or glass particles?
- Physical hazard
 - 6. What is the main objective of food adulteration?
- To increase profit by reducing quality
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- 7. Name an adulterant commonly found in milk. Detergent 8. Which government body regulates food safety in India? **V** FSSAI 9. What is the term for food contamination caused by microorganisms? Biological hazard 10. Which label ensures that a food product is safe for consumption? FSSAI certification 11. Name one example of HFSS food. French fries 12. What is the purpose of a food label? To provide nutritional and safety information Name one effect of consuming adulterated food. 13. V Food poisoning 14. What does 'Best Before' mean on a food label? Recommended date for best quality 15. What is Integrated Pest Management (IPM)? A method to control pests using eco-friendly techniques 16. Which act governs food safety in India? V Food Safety and Standards Act, 2006 17. What is the key health risk of consuming excess HFSS foods? Obesity
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- 18. Which organization provides AGMARK certification?
- ✓ Directorate of Marketing and Inspection
 - 19. Name one common hygiene practice in food safety.
- ✓ Handwashing before handling food
 - 20. What is the role of preservatives in food?
- ▼ To extend shelf life by preventing spoilage
- rhree-Marker Questions (10 Marks)

(Answer in 3-4 sentences)

- 21. Explain the three types of food hazards with examples.
- ▼ Food hazards are categorized as:
 - Biological Hazards (e.g., E. coli, Salmonella found in raw meat)
 - Chemical Hazards (e.g., pesticide residues, food additives)
 - Physical Hazards (e.g., glass, metal, or plastic in food)
 - 22. What are the main objectives of food safety regulations?
- Food safety regulations aim to:
 - Prevent foodborne illnesses
 - Ensure proper food handling and hygiene
 - Regulate food labeling and prevent adulteration
 - 23. How does HACCP help in food safety?
- HACCP ensures food safety by:
 - Identifying critical points where contamination can occur
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- Controlling risks at various stages of food production
- Preventing foodborne diseases through systematic monitoring
- 24. What are HFSS foods? Give two examples.
- ✓ HFSS foods are High in Fat, Sugar, and Salt and lack essential nutrients.

Examples: Burgers, soft drinks

- 25. State any three food labeling requirements under FSSAI.
- According to FSSAI, food labels must include:
 - Ingredients list (in descending order by weight)
 - Nutritional information (calories, fats, proteins, carbohydrates)
 - Best before and expiry date
 - 26. What is the impact of consuming food with excessive chemical preservatives?
- ✓ Overuse of chemical preservatives can:
 - Cause digestive issues and food allergies
 - Lead to long-term health risks like cancer
 - Affect liver and kidney functions
 - 27. How does personal hygiene affect food safety?
- Good personal hygiene:
 - Reduces the risk of food contamination
 - Prevents the spread of bacteria and viruses
 - Ensures food handlers maintain cleanliness in food preparation
 - 28. Explain how food adulteration is detected at home.
- ✓ Food adulteration can be detected by:
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- Milk adulteration test (adding water diluted texture)
- Tea leaves test (artificial color dissolving in water)
- Chalk powder in sugar (settles at the bottom when dissolved in water)
- 29. What is the difference between best before and expiry date?
- Best Before Date: Quality is best before this date but still safe to eat.
 - Expiry Date: Food is no longer safe for consumption after this date.
 - 30. List three common food adulterants and their harmful effects.
- Metanil yellow in turmeric Causes cancer
 - Argemone oil in mustard oil Leads to dropsy
 - Washing soda in sugar Causes digestive problems

Four-Marker Questions

(Answer in 4-5 sentences with key points)

- 31. Describe the role of FSSAI in food safety regulation.
- ▼ FSSAI (Food Safety and Standards Authority of India) ensures food safety by:
 - Setting scientific standards for food products
 - Regulating food manufacturing, storage, and distribution
 - Conducting food inspections and quality checks
 - Implementing labeling and hygiene regulations
 - 32. What are the health effects of consuming adulterated food?
- Adulterated food causes:
 - Short-term effects: Nausea, vomiting, food poisoning
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- Long-term effects: Liver/kidney damage, cancer
- Fatal diseases: Epidemic dropsy (Argemone oil), Paralysis (Kesari Dal)
- 33. Discuss three major food adulteration techniques used in the food industry.
- Intentional adulteration (e.g., mixing low-quality grains)
 - Incidental adulteration (e.g., pesticide residues in vegetables)
 - Metallic adulteration (e.g., lead in turmeric, mercury in seafood)
 - 34. Explain the importance of food labels for consumers.
- Food labels help consumers by:
 - Providing nutritional information (calories, fats, proteins)
 - Indicating allergen warnings (nuts, dairy, gluten)
 - Allowing comparison of food products
 - Ensuring compliance with food safety laws
 - 35. How does Integrated Pest Management (IPM) contribute to food safety?
- Uses natural pest control methods
 - Reduces pesticide contamination in food
 - Encourages eco-friendly farming
 - Minimizes risk of foodborne diseases
 - 36. What is the role of preservatives in food safety?
- Extend shelf life
 - Prevent microbial growth
 - Maintain food texture and flavor
 - Reduce food wastage
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- 37. Explain the different types of food safety certification marks in India.
- FSSAI mark General food safety standard
 - AGMARK Certification for agricultural products
 - ISI mark Industrial food product certification
 - 38. What are the regulations regarding HFSS foods in schools?
- FSSAI bans HFSS food in school canteens
 - Promotes healthy meal alternatives
 - Mandates food labeling for transparency
 - 39. Why is food hygiene essential in public food service areas?
- Prevents foodborne illnesses
 - Maintains customer trust
 - Ensures legal compliance
 - 40. Explain the importance of consumer awareness in food safety.
- Helps in avoiding adulterated food
 - Encourages reading food labels
 - Promotes hygienic food practices

Guidance for Students

Dear Students.

To ensure **thorough preparation** for your upcoming exams, please make sure to **cover the following topics**:

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- Unit 1, 2, 3 & 4 from the provided PDF material These units are essential for understanding the core concepts of Food & Nutrition.
- Employability Skills Study from the Skill Veda playlist and the PDF resources available on www.skillveda.net.

★ Why is this Important?

- These topics cover key concepts that frequently appear in exams.
- Employability Skills is a common subject across all skill-based courses and holds weight in exams.
 - Studying from multiple resources will help you gain confidence and improve recall.

Study Plan Recommendation:

- Complete Units 1-3 within the next few days using the PDF guide.
- **Watch the Employability Skills videos** from the Skill Veda playlist for better understanding.
- Download and revise the Employability Skills PDFs from Skill Veda's website.

Best Wishes, Srishti Ma'am

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