



آیت نمبر 25-28

قرآنی دعائیں

سورۃ طہ

رَبِّ اشْرَحْ لِي صَدْرِي ۝ وَيَسِّرْ لِي أَمْرِي ۝
وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي ۝ يَفْقَهُوا قَوْلِي ۝

پروردگار، میرا سینہ کھول دے، اور میرے کام کو میرے لیے
آسان کر دے اور میری زبان کی گرہ سلجھا دے تاکہ لوگ میری
بات سمجھ سکیں

رَبِّ زِدْنِي عِلْمًا

MY LORD! INCREASE ME IN KNOWLEDGE.

FOOD SAFETY AND QUALITY MANAGEMENT

DHND

YEAR-V

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FSQM L # 51.

Food Adulteration:

How to detect adulterants ?

What are the diseases ?

What are the precautions ?

Some Simple Tests to Identify Adulterated Food

Foods	Adulterants	Detection
Honey	Sugar syrup	Original honey will easily sink in water; duplicate will disperse / a wick soaked in duplicate honey will burn with cracking sound
Black pepper	Papaya seeds	Papaya seeds have no smell and they are relatively smaller
Coconut oil	Other mineral oil	Coconut oil fridges / solidifies in refrigerator. Any other oil doesn't fridge.
Bura sugar (Sugar powder)	Washing soda or Chalk powder	Add HCl (dil.) / vinegar , effervescence
Coriander & Cumin powder	Saw dust	Add some powder of spices to a bowl of water, powder sinks, saw dust floats

Foods	Adulterants	Detection
Wheat / Rice / Corn flour	Chalk powder or Washing soda	Add HCl / vinegar , effervescence will produce
Milk	Water	Put some drops of pure milk on a glass sheet , white trail will left behind, whereas adulterated milk (having water) leaves no trail
Tea dust	Iron fillings	Move a magnet over tea dust , iron fillings will stick to magnet.
Coffee powder	Tamarind seed powder	Add coffee powder to a bowl of water, coffee powder floats and the adulterants sink
Tomato ketchup	Red color	Drop some ketchup in a glass having water, it will sink down and doesn't give red color easily. Whereas adulterated ketchup disperse easily with blood-red color.
Chilli powder	Brick powder / Brownish red color	Original chilli powder will not dissolve easily and does not give dark red color in water

WHAT ARE THE EFFECTS OF FOOD
ADULTERATION ON HUMAN
HEALTH???

HEALTH EFFECTS CAUSE DUE TO CONSUMING ADULTERATED FOOD

- **Stomach problems / Digestion disorder**
- **Diarrhea**
- **Vomiting**
- **Food poisoning**
- **Skin allergies**
- **Liver problems**
- **Cancer**

PRECAUTION TO BE TAKEN REGARDING ADULTERATION

PREVENTION IS BETTER THAN CURE

- Buy food items from reputed shops only.
- Dine at reputed restaurants only.
- Check if the premises are kept clean.
- It is better to avoid adulterated cool drinks , instead any fresh fruit juice.
- Parents should be concerned about the quality and freshness of these food items like chocolates, sweets that children usually like.

PRECAUTION TO BE TAKEN REGARDING ADULTERATION

- Need to check if the packaging is intact, and also check the expiry date.
- Do not buy food articles, if expiry date is crossed.
- Make sure that food packets carry labels, before buying.
- Take the help of food adulteration testing centres.
- Lodge complaints to the concerned authorities, if adulteration is detected.
- Spread awareness in the local community on the ill effects of food adulteration
- It is prudent that every one of us takes special interest in this subject and educate our families, friends and colleagues about this menace.