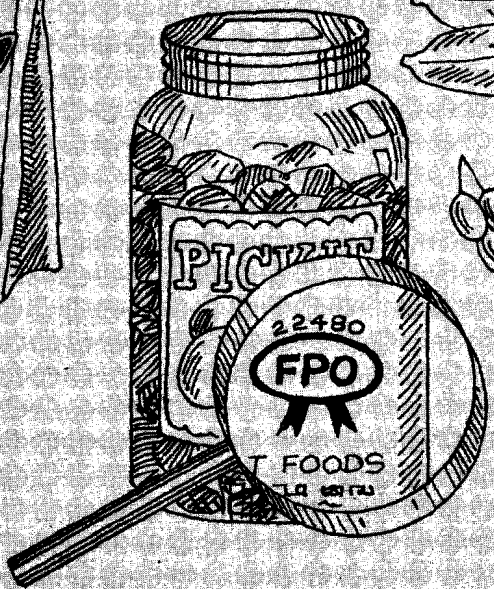
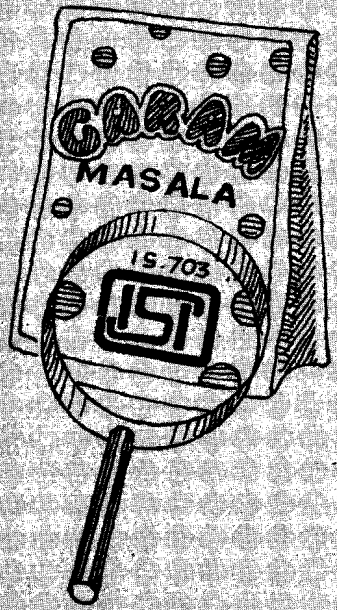
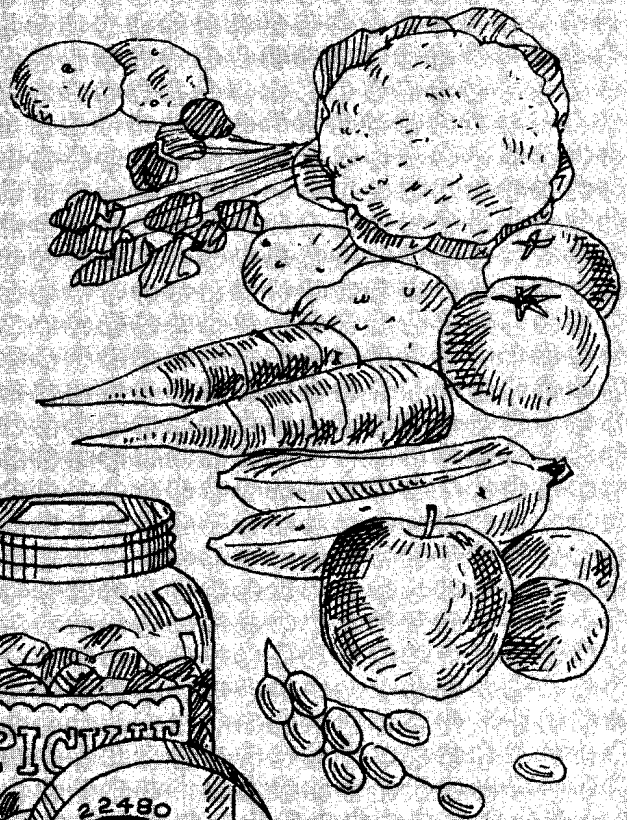


Selecting good wholesome food



(20 marks)

Mrs. Shyamli Sengupta is the mess-in-charge of a girls hostel. It is her responsibility to provide nutritious, wholesome meals to the girls. To help meet this objective, each month, in consultation with the cook she plans a cycle-menu. Based on the menu, she prepares a market list (i.e. list of food items that she needs to buy weekly) and accordingly makes the purchases. A specimen market list is given below.

ITEMS		AMOUNTS
1. Cereals	- Wheat flour	20 kg
	- Rice	10 kg
	- Semolina	5 kg
2. Pulses	- Moong dal	8 kg
3. Vegetables and fruits	- Tomatoes	5 kg
	- Potatoes	10 kg
	- Palak	5 kg
	- Canned Cherries	5 tin
	- Cauliflower	8 kg
4. Milk and milk products	- Milk	5 litres
	- Paneer	2 kg
	- Processed cheese	2 kg
5. Tea	- Tea leaves	500 g
6. Fat/oil	- Vanaspati	15 kg
	- Vegetable oil	4 litre
7. Spices	- Chilli (powder)	100 g
	- Turmeric	100 g
8. Jam	- Mixed fruit jam	5 bottles
9. Sugar	- Jaggery	1 kg

On one occasion, Mrs Sengupta could not purchase the items herself. So she handed over the list to one of the bearers working in the mess and instructed him to do the purchases. The bearer, however, was not to happy about this task as it was his off-day and he did not want to waste his time purchasing these items. But he had no choice. He had to get the items. So to save on his time he went straight to the local market and from the shops there made all the purchases. Now when Mrs. Sengupta received the food items she realized that the items were not of the quality she desired and also they were expensive. Furthermore, few items were found to be adulterated. Mrs. Sengupta was very annoyed. She realized that the bearer had adopted a wrong purchasing practice.

?  
One

What would have been the right practice for purchasing these items?

(2 marks)

<p><b>? Two</b></p>	<p><b>From where and how (mode of purchase) the bearer should have purchased the following items.</b></p> <ul style="list-style-type: none"> <li>• <b>Wheat flour (10 kg)</b></li> <li>• <b>Spices (200 g )</b></li> <li>• <b>Tomatoes (10 kg)</b></li> <li>• <b>Vegetable oil (16 kg)</b></li> </ul> <p style="text-align: right;"><b>(2 marks)</b></p>
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<p><b>? Three</b></p>	<p><b>What points the bearer should have kept in mind while purchasing the following items.</b></p> <ul style="list-style-type: none"> <li>• <b>Cereals</b></li> <li>• <b>Milk and milk products (Paneer)</b></li> <li>• <b>Vanaspati and vegetable oil</b></li> <li>• <b>Spices</b></li> </ul> <p style="text-align: right;"><b>(8 marks)</b></p>
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<p><b>? Four</b></p>	<p><b>What quality mark the bearer should have looked for while purchasing the following items.</b></p> <ul style="list-style-type: none"> <li>• <b>Semolina</b></li> <li>• <b>Canned cherries</b></li> <li>• <b>Edible oil</b></li> <li>• <b>Jam</b></li> </ul> <p style="text-align: right;"><b>(2 marks)</b></p>
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<p><b>? Five</b></p>	<p><b>What do you think the following items (which the bearer purchased) were likely to be adulterated with:</b></p> <ul style="list-style-type: none"> <li>• <b>Semolina</b></li> <li>• <b>Jaggery</b></li> <li>• <b>Tea leaves</b></li> <li>• <b>Milk/curd</b></li> </ul> <p style="text-align: right;"><b>(2 marks)</b></p>
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<p><b>? Six</b></p>	<p><b>Can you suggest simple test which Mrs. Sengupta can carry out to detect adulteration in the following items.</b></p> <ul style="list-style-type: none"> <li>• <b>Semolina</b></li> <li>• <b>Jaggery</b></li> <li>• <b>Tea leaves</b></li> <li>• <b>Milk/curd</b></li> </ul> <p style="text-align: right;"><b>(4 marks)</b></p>
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**GUIDELINES FOR ANSWERING**

Answer each question according to the following steps:

**Step 1.** First identify the block(s) and then the unit(s) each question in the activity relates to

**?  
One**

.....

**?  
Two**

.....

**?  
Three**

.....

?  
**Four**

.....

?  
**Five**

.....

?  
**Six**

.....

**Step 2. Jot down the relevant information from the theory that would help you answer the following questions.**

?  
**One**

Factors related to intelligent buying.

?  
**Two**

Different markets

?  
**Three**

Points to remember while selecting cereals, milk and milk products (paneer), oils and spices.

?  
**Four**

Food Laws and Food Standards and Certification for Quality Control.

**?  
Five**

Common adulterants in semolina, jaggery, tea leaves, milk/curd.

**?  
Six**

Simple tests for detecting adulterants in the above mentioned items.

**Step 3. Hints/Clues that would help you answer the questions.**

**?  
Two**

- First list down the different kinds of markets from where one can purchase food items.
- Check on the quantities to be purchased and accordingly decide on the market.
- Use the following format to answer the question

Item	Quantity to be purchased	Mode of purchase
Wheat flour	10 kg	
Spices	200 g	
Tomatoes	10 kg	
Vegetable oil	16 litres	

**?  
Three**

- Emphasize on quality characteristics in terms of general/ physical appearance i.e. size, shape, colour, texture and signs of decay or damage.

**?  
Four**

- List down the various food standards and certification for quality control laid down by the Government.
- Next find out each of these standards lay down statutory minimum standard (in respect to quality) for which specific commodity (i.e. agricultural products, raw food items, processed foods, fruits, vegetables etc).
- Finally check that the items in the question belongs to which food category and accordingly decide on the quality certification
- Use the format given below to answer this question.

Items	Quality certification
<ul style="list-style-type: none"> <li>• Semolina</li> <li>• Canned cherries</li> <li>• Edible oil</li> <li>• Jam</li> </ul>	

**?  
Five  
and  
Six**

- List down the adulterants which are commonly used to adulterate the items.
- Think of easy/simple tests to detect adulteration which can be carried out at home itself.
- Consider those tests which would require (if need be) simple equipments (like test-tube) and chemicals (like tincture-iodine, carbon-tetrachloride, hydrochloric acid) which can be easily obtained from the local chemist shop.
- Use the following format to answer the question

Items	Adulterants	Test to detect adulteration
Semolina Jaggery Tea leaves Milk/curd		