

Workshop Report

Conducted by FSSI -Food Safety and Standards Authority of India

A workshop was conducted by **FSSI** for the students of **classes IV to VI on 25th of May, 2017**. The workshop highlighted the importance of "**Safe and Nutritious Food**". An interesting skit was presented before the children which explained the importance of the 3 letters – **D E F**.

D stands for Deficiency (Approximately 7 out of 10 people in India have deficiencies)

E stands for Essentials (Essential nutrients like Vitamins and Minerals and their importance)

F stands for Fortification (Government is trying to fortify products like milk and oil to enhance it with more nutrients).

The workshop ended with the resource people from FSSI informing the students that 'Tetra Packs' are very safe as they have six layers of safety norms to follow. But before buying one has to be sure whether the food is nutritious and safe and most importantly the logo of FSSI should be printed on the tetra pack. The students loved the presentation and answered all the questions put forward by them.

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