



CBSE AFFILIATION NO. 2133857

# G.D. GOENKA SCHOOL

(Under the Aegis of G. D. Goenka Group, New Delhi)

## VARANASI

**REPORT: Health & Wellness Activites by Eureka Club**

**DATE: 13/11/24**

**CONDUCTED By: Teachers**

**Participated By: Students of Eureka Club activity from Classes VI to XI**



## EUREKA CLUB - HEALTH & WELLNESS

*Activity: Food Adulteration and food ingredients*

On (13/11/24)The Eureka Club organized an engaging activity under the CBSE norms where students from Classes VI to XI participated in a fascinating 70-minute session on "Food Adulteration and Understanding Food Ingredients!" 🥗🍌

## The students were divided into two groups:

1. One group dove deep into the world of food ingredients with experts Ms. Deepshikha & Ms. Pragya, learning about FSSAI certifications, trademarks, and the significance of those ● red and ● green dots on food labels. 📄📄

2. The other group explored food adulteration first-hand with Ms. Akansha & Mr. Shubham, where students conducted experiments to detect impurities in common food items like black pepper, turmeric, chili powder, and ghee. 🧪🥄

💡 **The aim?** To make students think critically about what's really in their food and understand the importance of healthy choices for a healthy life.

**Remember: "All that glitters is not gold!" Stay aware, stay healthy! ✨**



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Regards:

GD Goenka School Varanasi