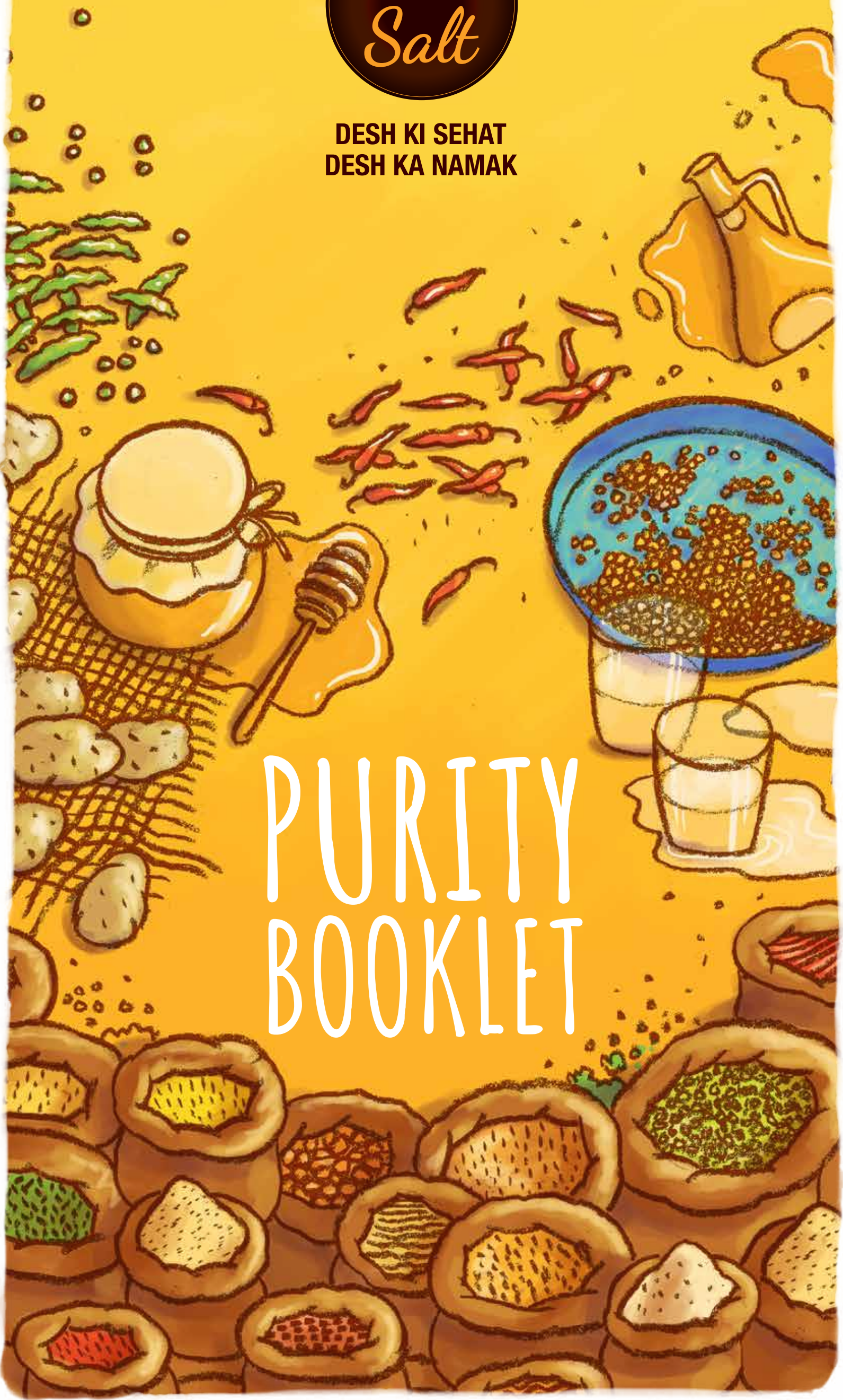




DESH KI SEHAT  
DESH KA NAMAK

# PURITY BOOKLET



# PURITY BOOKLET

CHALK IN SALT. SUGAR IN HONEY. COLOUR IN CHILLI POWDER.

THESE ARE JUST A FEW OF THE IMPURITIES WE'RE CONSUMING.

THIS BOOKLET IS A COMPILATION OF QUICK TESTS  
YOU CAN CARRY OUT TO FIND OUT ABOUT THE SAME.

REMEMBER, MILAVAT HOGI KAM, JAB JAGRUK HONGE HUM.



TOGETHER LET'S STAND UP FOR PURITY.

#MILAVATBHARATCHHODO

PURITY TEST-01

SHUDDHTA MARCH



# CHALK IN COMMON SALT.

MIX A SPOONFUL OF SALT  
IN A GLASS OF WATER.



IF THERE'S  
CHALK MIXED IN,  
THE SOLUTION WILL  
TURN WHITE.



IF NOT  
IT'LL BE  
CLEAR.

Source: FSSAI DART BOOK

ISSUED IN PUBLIC INTEREST

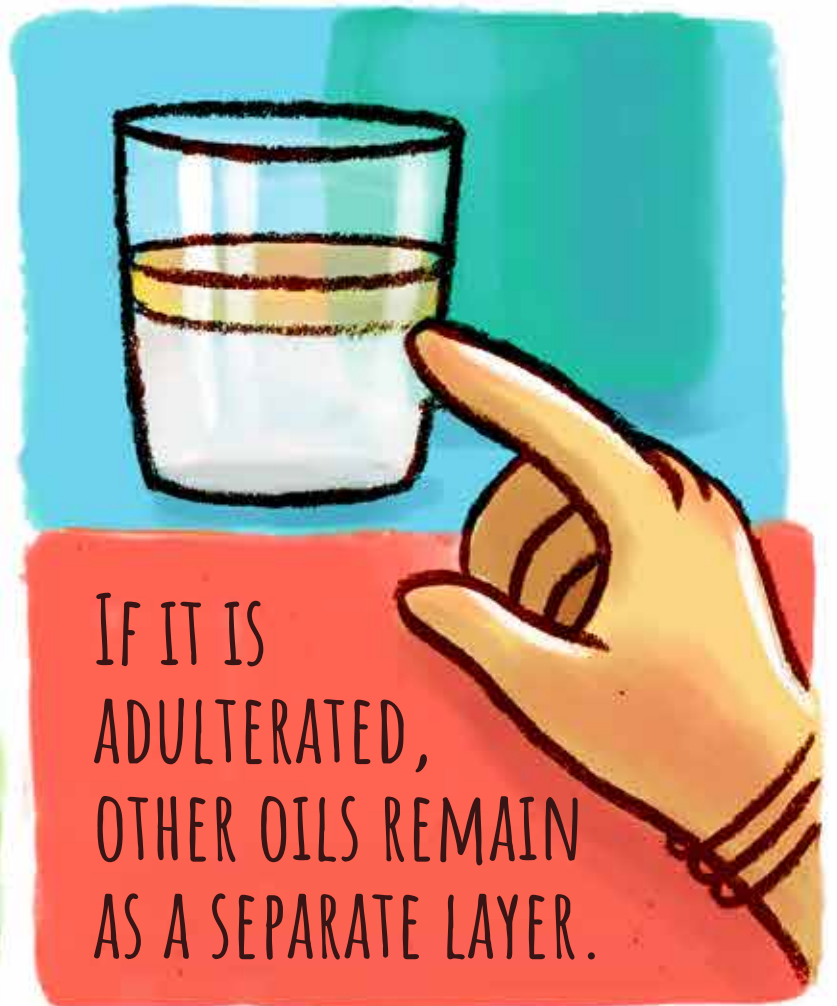
PURITY TEST-02

#MILAVATBHARATCHHODO



# OTHER OILS IN COCONUT OIL.

TAKE COCONUT OIL IN A TRANSPARENT GLASS AND REFRIGERATE FOR 30 MINUTES (NOT IN THE FREEZER)



Source: FSSAI DART BOOK

ISSUED IN PUBLIC INTEREST

# SUGAR SOLUTION IN HONEY.



PURE HONEY WILL NOT DISPERSE IN WATER



IF IT DISPERSES IN WATER, IT INDICATES THE PRESENCE OF ADDED SUGAR.

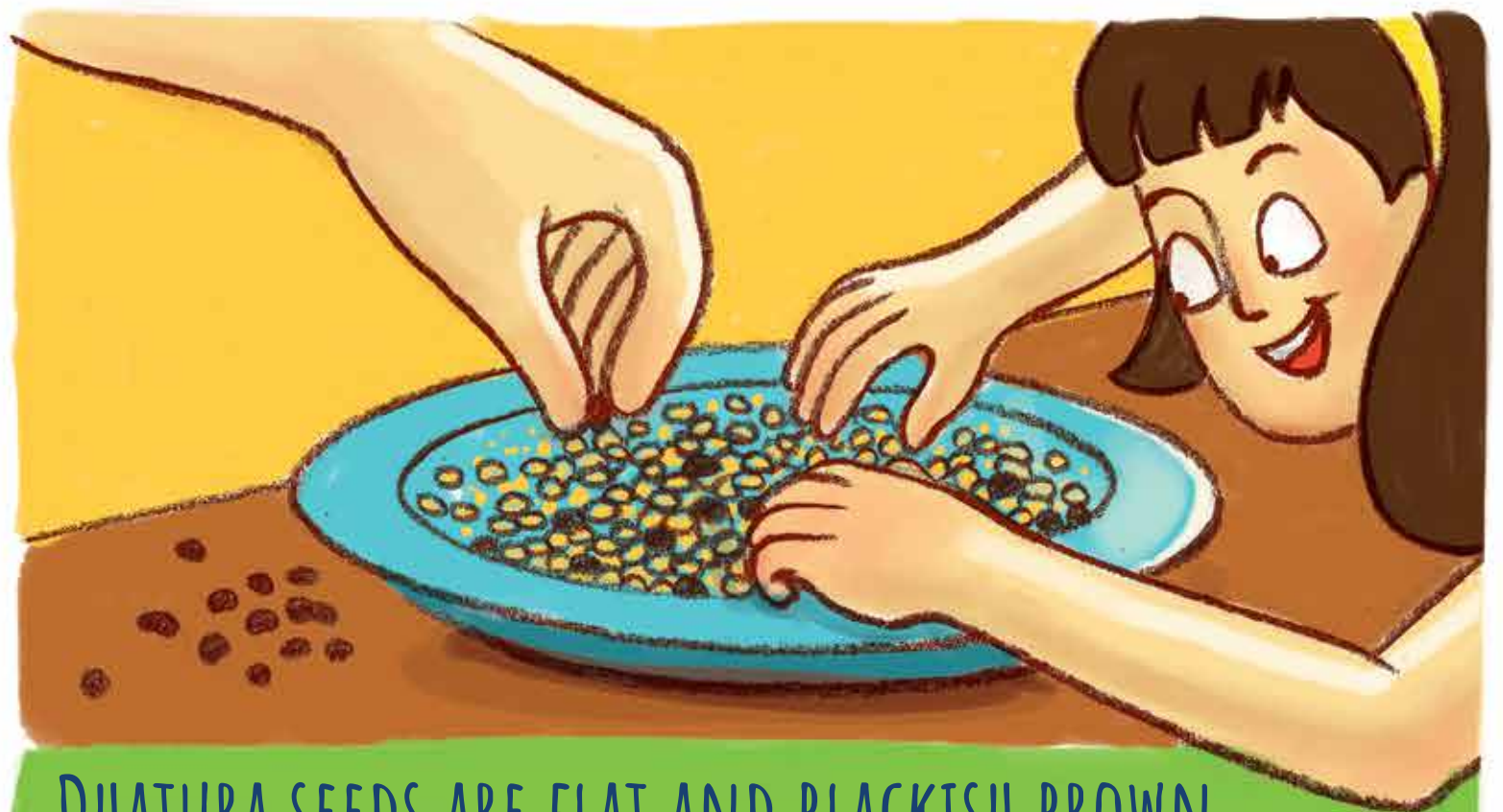
PURITY TEST-04

#MILAVATBHARATCHHODO



# DHATURA IN FOOD GRAINS.

TAKE SMALL QUANTITY OF FOOD GRAINS IN A GLASS PLATE AND EXAMINE CLOSELY.



DHATURA SEEDS ARE FLAT AND BLACKISH BROWN IN COLOUR. THEY CAN BE SEPARATED EASILY

Source: FSSAI DART BOOK

ISSUED IN PUBLIC INTEREST

# ADDED COLOUR IN FOOD GRAINS.



ADD 2 TEASPOONS  
OF FOOD GRAINS  
IN A GLASS OF  
WATER AND MIX.



PURE FOOD GRAINS  
WILL NOT LEAVE  
ANY COLOUR.



ADULTERATED ONES  
WILL LEAVE COLOUR  
IMMEDIATELY IN WATER.

PURITY TEST-06

#MILAVATBHARATCHHODO



# PAPAYA SEEDS IN BLACK PEPPER.

ADD SOME AMOUNT OF BLACK PEPPER TO A GLASS OF WATER.



PURE BLACK PEPPER SETTLES AT THE BOTTOM.



PAPAYA SEEDS FLOAT ON THE SURFACE.

Source: FSSAI DART BOOK

ISSUED IN PUBLIC INTEREST



### SYNTHETIC COLOURS IN CHILLI POWDER.

SPRINKLE CHILLI POWDER INTO A GLASS OF WATER.



PURE CHILLI POWDER WILL REMAIN ON THE SURFACE.



ARTIFICIAL COLOURANTS WILL IMMEDIATELY START DESCENDING IN COLOUR STREAKS.

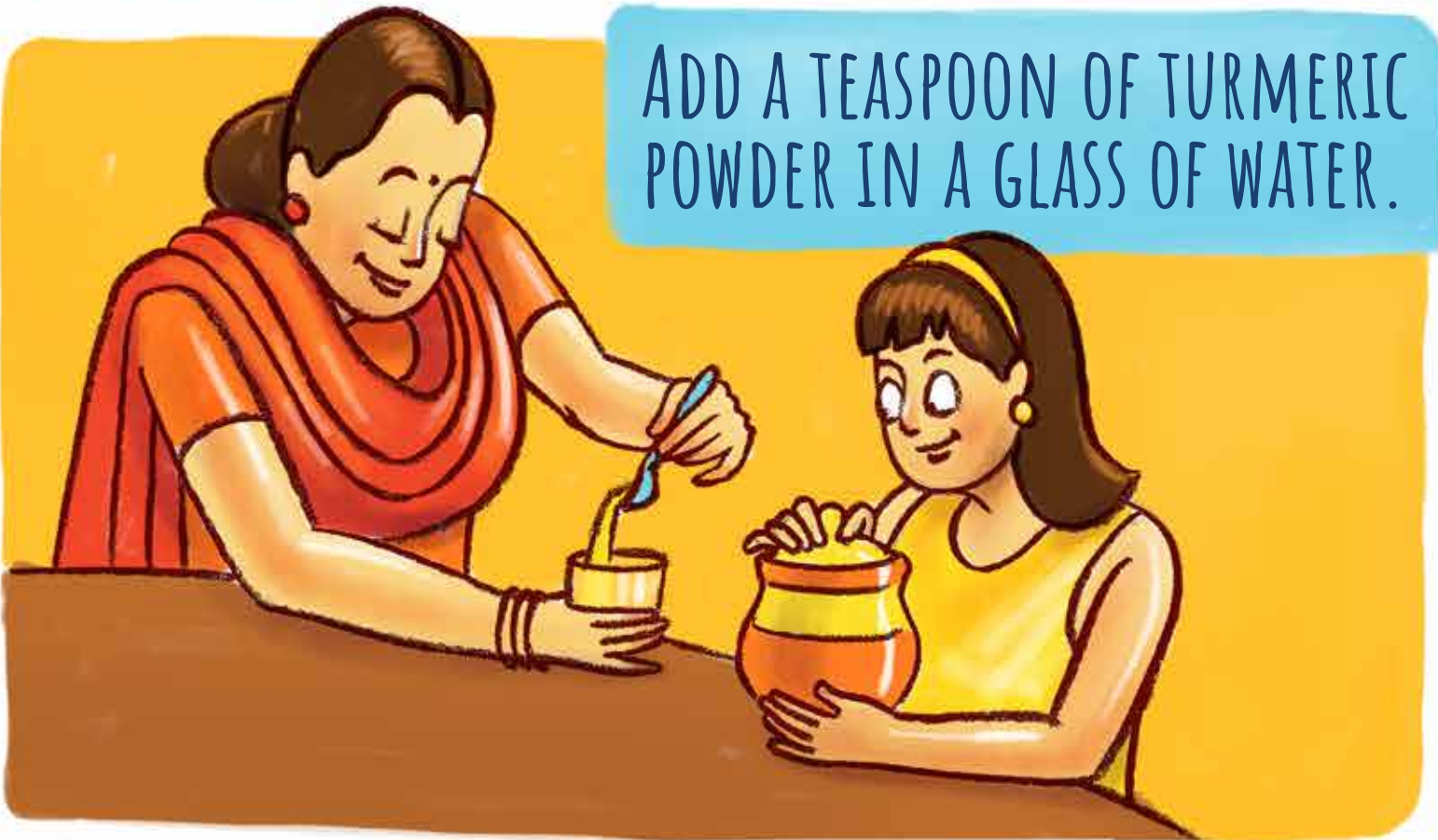
PURITY TEST-08

#MILAVATBHARATCHHODO



## ARTIFICIAL COLOUR IN TURMERIC POWDER.

ADD A TEASPOON OF TURMERIC POWDER IN A GLASS OF WATER.



NATURAL TURMERIC POWDER LEAVES LIGHT YELLOW COLOUR WHILE SETTLING DOWN.



ADULTERATED POWDER WILL LEAVE A STRONG YELLOW COLOUR IN WATER WHILE SETTLING DOWN.

Source: FSSAI DART BOOK

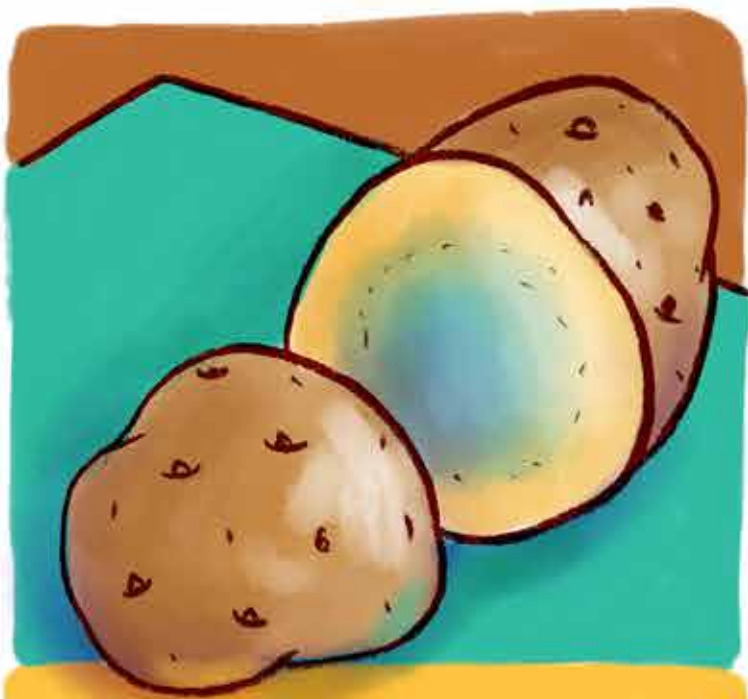
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# PURITY TEST-09

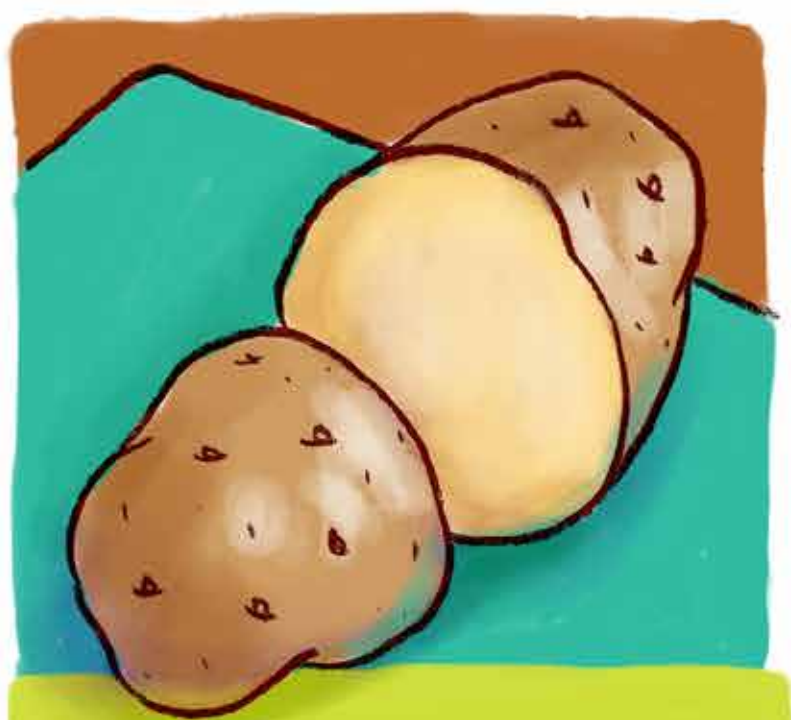
SHUDDHTA MARCH



## DIFFERENTIATION OF COMMON SALT AND IODISED SALT.



IF THE SALT IS IODISED,  
BLUE COLOUR WILL APPEAR.



IF IT'S COMMON SALT, THERE  
WILL BE NO BLUE COLOUR.

Source: FSSAI DART BOOK

ISSUED IN PUBLIC INTEREST

# PURITY TEST- 10

#MILAVATBHARATCHHODO



## ARTIFICIAL COLOUR ON GREEN PEAS.

ADD AND MIX A LITTLE AMOUNT OF GREEN PEAS INTO A GLASS OF WATER.



AFTER HALF AN HOUR, IF IT'S PURE, THE WATER WILL STILL BE CLEAR.



IF ADULTERATED, THERE WILL BE A CLEAR SEPARATION OF COLOUR.

Source: FSSAI DART BOOK

ISSUED IN PUBLIC INTEREST