

# QUEEN MARY'S COLLEGE (AUTONOMOUS)

## DEPARTMENT OF HOME SCIENCE

### REPORT OF TRADE FAIR

06/01/2025

The Department of Home Science organized an engaging exhibition at the Island Groups Stall to educate the common public on various aspects of food safety and nutrition. The exhibition focused on three key themes:

1. Food Labelling
2. Food Adulteration
3. Analysis of Sugar Content in Juices

#### 1. Food Labelling Awareness:

Informative charts were displayed to educate attendees on how to read and interpret food labels effectively. Key information such as ingredients lists, nutritional values, expiry dates, and quality certifications were explained in simple terms. The aim was to encourage consumers to make informed choices while purchasing packaged foods.



#### 2. Food Adulteration Demonstration:

Live demonstrations showcased common methods to detect adulteration in everyday food

items like milk, spices, sugar, and oils. Simple, cost-effective tests using household materials were explained and performed, allowing visitors to replicate these at home. The demonstrations highlighted the health risks posed by adulterated foods and ways to mitigate them.



#### 3. Analysis of Juices for Sugar Content:

The percentage of sugar in various commercially available juices was analyzed using a Brix meter. Visitors learned about the Brix value, a key measurement used to determine the sugar concentration in beverages. The visitors were taken by surprise to learn the high concentration of sugar present in commonly consumed commercially sold soft drinks and fruit juices. The awareness created, encouraged them to make informed choices when selecting these beverages.



The exhibition received an overwhelming response, with visitors expressing keen interest in the practical demonstrations and information provided. Many attendees appreciated the department's efforts to spread awareness on food safety and nutrition.

The Department of Home Science's efforts were well-received and helped raise consumer awareness.