

Food Adulteration Paragraph for HSC PDF

Food adulteration happens when harmful or low-quality substances are mixed with food to make more money. This dangerous practice is common in items like milk, spices, oil, and sweets. Traders may add **water, chalk powder, toxic colors, or chemicals** to trick buyers. These actions harm the quality of food and put our health at risk. Eating adulterated food can lead to serious problems like food poisoning, stomach issues, kidney damage, or even cancer. It also lowers the nutrition we get from food, making our immune system weaker. Although food adulteration is against the law, it still happens in many markets. To stay safe, we must be careful. Buy food from trusted shops and check for quality marks like **BSTI**. Avoid unpackaged or very cheap products, as they may not be safe. Government agencies test food and punish wrongdoers, but we need to stay aware. Students can help by learning about food adulteration and sharing knowledge with others. By working together, we can fight this problem and build a healthier nation. Choosing safe food keeps us strong and free from food-related diseases. Let's make smart choices for a **happier, healthier life!**