

More than symbolic: On curbing unhealthy food intake

Legislative **measures** to curb unhealthy food intake **are** a must

In a welcome move, the Health Ministry has **directed** all government departments to display oil, sugar and trans-fat content in everyday Indian snacks such as samosas, jalebis, vada pavs and laddoos **in a bid to highlight** the health risks of their consumption on a regular basis. The campaign will be **piloted** in AIIMS Nagpur and then **rolled out** to other cities. The move comes two months after the CBSE directed all **affiliated** schools to **establish** 'sugar boards' to monitor and reduce the sugar intake of children. These will **list** information on the recommended daily sugar intake, the sugar content in commonly consumed foods, health risks associated with high sugar consumption, and healthier dietary alternatives. The initiatives have been **driven** by studies that provide evidence of increasing **obesity** trends in India. As in the NFHS data, obesity had increased from nearly 15% to 24% in men and from 12% to nearly 23% in women between 2005-06 and 2019-21. Since the **amount** of oil and sugar in Indian snacks **is** not **apparent** — and, hence, **often overlooked** — these initiatives will serve to fill the gap and act as “visual behavioural **nudges**”, much like the **pictorial** warnings on tobacco products. However, building awareness alone cannot **bring about** behavioural changes, especially in the absence of **essential** legislative measures.

Surprisingly, while the Health Ministry has targeted Indian snacks, nothing has been done over the years to introduce clear front-of-package labels to caution people about unhealthy packaged food items, and **regulate** the advertising, marketing and promotion of unhealthy food to children. Also, **levying** additional tax on food products with high levels of fat, sugar, and salt (HFSS) **can** further reduce consumption, as seen in some countries. As in the national multisectoral action plan for prevention and control of common **non-communicable disease** (2017-22), the Food Safety and Standards Authority of India (FSSAI) Regulation was required to be **amended** for inclusion of front-of-pack labelling and detailed nutrient labelling. The FSSAI (Packaging and Labelling) Regulation was amended in 2020; on July 15, the Supreme Court of India again directed the agency to **execute** this label on packaged food. For front-of-pack labels on HFSS food and beverage products to become a reality, the FSSAI has to first define the upper limits for sugar, salt and total fat, which have not been finalised and approved **so far**. A 2022 study found that warning labels **outperformed** all other forms of front-of-pack labelling in identify unhealthy products. **A study** by the ICMR-NIN **found** that warning labels and nutri-star ratings helped **deter** the consumption of even **moderately** unhealthy foods. **Measures** to build awareness without essential legislative measures to curb unhealthy food intake **will** not be much more than symbolic.

[Practice Exercise]

- Red/blue coloring of words in the sentence indicates subject verb relationship; where 'red' denotes 'subject' and 'blue' denotes 'verb'.
- **Nudge** (noun) – Prod, prompt, reminder, encouragement, stimulus प्रोत्साहन

Vocabulary

1. **Symbolic** (adjective) – representative, figurative, emblematic, suggestive, indicative – प्रतीकात्मक
2. **Curb** (verb) – restrain, control, limit, suppress, reduce – रोकना
3. **Intake** (noun) – consumption, ingestion, uptake, eating, absorption – सेवन
4. **Legislative** (adjective) – lawmaking, statutory, legal, parliamentary, regulatory – विधायी
5. **Must** (noun) – necessity, requirement, essential, obligation, imperative – अनिवार्यता
6. **Direct** (verb) – instruct, order, command, guide, mandate – निर्देश देना
7. **In a bid to** (phrase) – in an attempt to, with the aim of, in order to, to try to, striving to – प्रयास में
8. **Highlight** (verb) – emphasize, underscore, point out, draw attention to, accentuate जोर देना
9. **Pilot** (verb) – test, trial, experiment, initiate, run – परीक्षण करना
10. **Roll out** (phrasal verb) – launch, introduce, implement, deploy, unveil – शुरू करना
11. **Affiliated** (adjective) – associated, connected, allied, linked, attached – संबंध
12. **Establish** (verb) – set up, found, create, form, institute – स्थापित करना
13. **List** (verb) – mention, enumerate, detail, itemize, record – सूचीबद्ध करना
14. **Drive** (verb) – propel, motivate, spur, influence, push – प्रेरित करना
15. **Obesity** (noun) – overweight, corpulence, fatness, bulkiness, excessive weight – मोटापा
16. **Apparent** (adjective) – visible, clear, evident, obvious, noticeable – स्पष्ट
17. **Often** (adverb) – frequently, regularly, commonly, many times, repeatedly – अक्सर
18. **Overlooked** (adjective) – ignored, neglected, unnoticed, disregarded, forgotten – अनदेखा
19. **Pictorial** (adjective) – visual, graphic, illustrative, image-based, representational – चित्रात्मक
20. **Bring about** (phrasal verb) – cause, produce, lead to, result in, effect – लाना
21. **Essential** (adjective) – necessary, vital, crucial, fundamental, indispensable – आवश्यक
22. **Regulate** (verb) – control, monitor, supervise, govern, manage – नियंत्रित करना

23. **Levy** (verb) – impose, charge, assess, collect, exact – कर लगाना
24. **Non-communicable disease** (NCD) (noun) – chronic illness, lifestyle disease, long-term disease, non-infectious disease, degenerative condition – गैर-संक्रामक रोग
25. **Amend** (verb) – modify, revise, alter, update, reform – संशोधित करना
26. **Execute** (verb) – implement, enforce, carry out, perform, apply – लागू करना
27. **So far** (phrase) – until now, up to this point, thus far, as yet, till date – अब तक
28. **Outperform** (verb) – surpass, excel, exceed, outdo, beat – बेहतर प्रदर्शन करना
29. **Deter** (verb) – discourage, prevent, inhibit, dissuade, restrain – रोकना
30. **Moderately** (adverb) – somewhat, reasonably, fairly, partially, to a limited extent – मध्यम रूप से

Summary of the Editorial

1. The Health Ministry has directed government departments to display oil, sugar, and trans-fat content in Indian snacks like samosas, jalebis, and vada pavs.
2. The initiative will start at AIIMS Nagpur and be expanded to other cities to raise awareness about dietary health risks.
3. CBSE has also asked schools to create 'sugar boards', displaying sugar content in foods and promoting healthy alternatives.
4. These efforts respond to rising obesity trends in India, as seen in NFHS data from 2005-06 to 2019-21.
5. Obesity in men rose from ~15% to 24%, and in women from ~12% to 23%, indicating a serious health concern.
6. Oil and sugar content in traditional snacks is often hidden, making such visual disclosures crucial for informed decisions.
7. These awareness campaigns act like tobacco pictorial warnings, providing "visual behavioural nudges."
8. But awareness alone is insufficient to change eating habits without supportive legislative actions.
9. The Health Ministry has not addressed packaged foods adequately, where front-of-package (FOP) labels are still missing.
10. Regulation of advertising and marketing of unhealthy foods to children is also lacking, weakening the impact of current measures.
11. Imposing taxes on high fat, sugar, and salt (HFSS) foods could reduce consumption, as proven in other countries.
12. India's 2017–22 national action plan and FSSAI regulations called for FOP labelling and better nutrient information.
13. The FSSAI amended its packaging and labelling rules in 2020, but has not fully implemented clear warnings.
14. The Supreme Court recently directed the FSSAI to ensure FOP labelling on packaged foods is enforced.
15. Studies by ICMR-NIN and others show that warning labels deter consumption, proving that only laws—not symbolic nudges—can effectively reduce unhealthy food intake.

Practice Exercise: SSC Pattern Based

1. **What is the tone of the passage?**
 - A. Celebratory
 - B. Despairing
 - C. Sarcastic
 - D. Critical
2. **What is the primary reason behind the Health Ministry's directive to display oil, sugar, and trans-fat content in Indian snacks?**
 - A. To support the food industry with marketing strategies
 - B. To promote traditional Indian snacks internationally
 - C. To highlight health risks and act as behavioural nudges
 - D. To reduce the prices of high-calorie food items
3. **Why has front-of-package labelling for unhealthy packaged food not yet become a reality in India?**
 - A. Because consumers have rejected such labels
 - B. Because the FSSAI has not yet finalised and approved nutrient upper limits
 - C. Because the Ministry of Agriculture is delaying the initiative
 - D. Because the Supreme Court declared it unconstitutional
4. In the context of the passage, which of the following is the most appropriate antonym for the word "**deter**" as used in the sentence:
"...warning labels and nutri-star ratings helped deter the consumption..."
 - A. Discourage
 - B. Promote
 - C. Prevent
 - D. Suppress
5. **Based on the NFHS data mentioned in the passage, which of the following correctly estimates the percentage point increase in obesity among women between 2005-06 and 2019-21?**
 - A. 10 percentage points
 - B. 9 percentage points
 - C. 11 percentage points
 - D. 8 percentage points
6. **Select the most appropriate synonym of the given word.**
Embezzlement
 - A. Misappropriation
 - B. Confusion
 - C. Disposition
 - D. Management
7. **Select the most appropriate option to fill in the blank.**
Drug addiction is fatal _____ of therapy, which includes therapies, counselling, medications, and rehab facilities.
 - A. nonetheless
 - B. careless
 - C. regardless

- D. Instead
8. **Select the option that can be used as a one-word substitute for the underlined word.**
Ms Marry is a barbarous lady.
- A. dull
B. brutal
C. matured
D. Calm
9. **Choose the sentence that contains correct spellings**
- A. Esha resembles her mother very much.
B. Esha resimbles her mother very much.
C. Esha risembles her mother very much.
D. Esha risimbles her mother very much
10. **Select the most appropriate option that can substitute the underlined segment in the given sentence.**
You have hurt so many people. Now, it is time to get a taste of your own medicine.
- A. to be treated the way you have treated others
B. to be in a risky situation
C. to lose control in a situation
D. to benefit from two different opportunities
11. **Select the most appropriate synonym of the given word.**
Enormous
- A. Tiny
B. Large
C. Small
D. Little
12. **Select the option that can be used as a one-word substitute for the given group of words.**
A judgement or verdict that a person is not guilty of the crime with which he has been charged
- A. Writ
B. Appellant
C. Acquittal
D. Petition
13. **Select the most appropriate ANTONYM of the given word.**
Occupied
- A. Filled
B. Overflowed
C. Closed
D. Vacant
14. **Select the option that expresses the given sentence in passive voice.**
She is preparing the presentation for the meeting.
- A. The presentation is preparing by her for the meeting.
B. The presentation by her is being prepared for the meeting.
C. She is being prepared the presentation for the meeting.
D. The presentation is being prepared by her for the meeting.
15. **Select the option that expresses the given sentence in indirect speech.**
Sudha said, 'Vivek arrived on Friday.'

- A. Sudha said that Vivek had arrived on Friday.
- B. Sudha said that Vivek was being arrived on Friday.
- C. Sudha said that Vivek arrives on Friday.
- D. Sudha said that Vivek had been arrived on Friday.

16. Select the correctly spelt word and fill the blank.

The Amish community believes in _____

- A. auasterity
- B. austarity
- C. auisterity
- D. Austerity

17. Select the most appropriate meaning of the given idiom.

Apple of discord

- A. Matter of dispute
- B. Disruption of communication
- C. Cause of happiness
- D. Solution of dispute

18. Select the most appropriate synonym of the given word.

Insolent

- A. Dignified
- B. Dutiful
- C. Disrespectful
- D. Humble

19. Select the option that can be used as a one-word substitute for the given group of words.

She was engaged to be married to him

- A. bestowed
- B. betrothed
- C. betrayed
- D. Baptised

20. Select the INCORRECTLY spelt word in the options given below

- A. Ambitious
- B. Instantaneous
- C. Nesessity
- D. Successfully

Comprehension:

In the following passage, some words have been deleted. Read the passage carefully and elect the most appropriate option to fill in each blank.

Vijayanagara or "city of victory" was the _____ 1 _____ of both a city and an empire. The empire was _____ 2 _____ in the fourteenth century. In its hey day, it _____ 3 _____ from the river Krishna in the north to the extreme south of the peninsula. In 1565 the city was sacked and _____ 4 _____ deserted. Although it fell into ruin in the seventeenth-eighteenth centuries, it lived on in the memories of people living in the Krishna-Tungabhadra doab. They remembered it as Hampi, a name _____ 5 _____ from that of the local mother goddess, Pampadevi.

21. Select the most appropriate option to fill in blank number 1

- A. label

- B. sign
- C. name
- D. Mark

22. Select the most appropriate option to fill in blank number 2

- A. founded
- B. discovered
- C. Implanted
- D. Begun

23. Select the most appropriate option to fill in blank number 3.

- A. started
- B. stretched
- C. strained
- D. Magnified

24. Select the most appropriate option to fill in blank number 4

- A. subsequently
- B. accidentally
- C. presently
- D. Previously

25. Select the most appropriate option to fill in blank number 5

- A. derived
- B. designed
- C. collected
- D. Extracted

Answers

- | | | | | | | | | | | | |
|-------|------|------|------|------|------|------|------|------|-------|------|------|
| 1. D | 2. C | 3. B | 4. B | 5.C | 6. A | 7. C | 8. B | 9. A | 10. A | 11.B | 12.C |
| 13. D | 14.D | 15.A | 16.D | 17.A | 18.C | 19.B | 20.C | 21.C | 22.A | 23.B | 24.A |
| 25. A | | | | | | | | | | | |

Explanations

1. D) Critical

The tone of the passage is critical, as the author acknowledges the government's awareness campaign as a welcome move but simultaneously criticizes the lack of legislative action such as front-of-pack labeling and taxation on unhealthy foods. The passage highlights gaps in regulation and calls for more robust measures to make a real impact.

A. Celebratory – Incorrect, because while the move is described as welcome, the overall tone critiques inadequacies rather than celebrates the initiative.

E. Despairing – Incorrect, because although there is concern, the tone does not express hopelessness or resignation.

C. Sarcastic – Incorrect, as there's no ironic or mocking language used; the criticism is straightforward and serious.

2. C) To highlight health risks and act as behavioural nudges

The directive is aimed at highlighting the health risks of consuming snacks high in oil, sugar, and trans fats.

The passage clearly says this move will serve as "visual behavioural nudges", much like pictorial warnings on tobacco.

A. Incorrect – There's no mention of helping the food industry's marketing.

B. Incorrect – International promotion is not discussed or intended here.

D. Incorrect – The aim is not about reducing prices, but about promoting health awareness.

3. B) Because the FSSAI has not yet finalised and approved nutrient upper limits

The passage states: "The FSSAI has to first define the upper limits for sugar, salt and total fat, which have not been finalised and approved so far." This is the key obstacle in implementing front-of-pack labels.

A. Incorrect – There's no mention of consumer rejection of such labels.

C. Incorrect – The delay is from the FSSAI, not the Agriculture Ministry.

D. Incorrect – The Supreme Court directed the agency to execute the labels, not reject them.

4. B) Promote

The word "deter" means to discourage or prevent someone from doing something.

Promote is correct because it means to encourage or support, which is the opposite of deter.

5. C) 11 percentage points

The passage states: "obesity had increased ... from 12% to nearly 23% in women..."

$23\% - 12\% = 11$ percentage points, so option C is correct.

6. A) Embezzlement (noun) – The act of fraudulently appropriating money or property entrusted to one's care but actually owned by someone else. गबन

Synonym: Misappropriation (noun) – The action of misappropriating something; embezzlement.

दुरुपयोग

- **Confusion** (noun) – Lack of understanding; uncertainty. भ्रम
- **Disposition** (noun) – A person's inherent qualities of mind and character. स्वभाव
- **Management** (noun) – The process of dealing with or controlling things or people. प्रबंधन

7. C) **regardless'** (of) का use होगा क्योंकि पूरे संदर्भ में, वाक्य नशे की लत के जानलेवा प्रभावों के बारे में बात कर रहा है, चाहे इलाज के कितने भी विकल्प उपलब्ध हों। यहाँ "Drug addiction is fatal _____ of therapy" के माध्यम से यह बताया जा रहा है कि नशे की लत का प्रभाव उन सभी उपायों के बावजूद भी घातक हो सकता है। इसलिए, "regardless" सबसे उपयुक्त विकल्प होगा।
- **'Regardless'** (of) should be used because in the entire context, the sentence is discussing the lethal effects of drug addiction despite the availability of various therapies. Here, through "Drug addiction is fatal _____ of therapy," it illustrates that the impact of addiction can be deadly regardless of all the measures available. Thus, "regardless" would be the most appropriate choice.
8. B) **Brutal** (adjective) – Savagely violent, cruel, or harsh बर्बर
- **Barbarous** (adjective) – Cruel, brutal, vicious, ferocious, fierce, barbaric अशिष्ट
 - **Dull** (adjective) – Lacking interest or excitement नीरस
 - **Matured** (adjective) – Fully developed physically; full-grown परिपक्व
 - **Calm** (adjective) – Not showing or feeling nervousness, anger, or other strong emotions शांत
9. A) Esha resembles her mother very much.
10. A) **to get a taste of your own medicine** (phrase) – to be treated the way you have treated others किसी के साथ उतना ही बुरा व्यवहार करें जितना उन्होंने आपके साथ किया है
11. B) **Enormous** (adjective) – Extremely large in size or amount, vast, immense. विशाल
Synonym: **Large** (adjective) – Of considerable or relatively great size, extent, or capacity. बड़ा
- **Tiny** (adjective) – Very small, minute. छोटा
 - **Small** (adjective) – Of a size that is less than normal or usual. छोटा
 - **Little** (adjective) – Small in size, amount, or degree. थोड़ा
12. C) **Acquittal** (noun) – A judgement or verdict that a person is not guilty of the crime with which he has been charged निर्दोषता प्रमाणपत्र/ रिहाई
- **Writ** (noun) – a form of written command in the name of a court or other legal authority. रिट
 - **Appellant** (noun) – a person who applies to a higher court for a reversal of the decision of a lower court. अपीलकर्ता
 - **Petition** (noun) – a formal written request, typically one signed by many people, appealing to authority with respect to a particular cause. याचिका
13. D) **Occupied** (adjective) – Being used or filled, inhabited, busy. व्यस्त
Antonym: **Vacant** (adjective) – Not filled, empty, unoccupied. खाली
- **Filled** (adjective) – Containing as much or as many as possible, full, occupied. भरा हुआ
 - **Overflowed** (adjective) – Flow over the brim or overflow, spill, run over. उफना हुआ
 - **Closed** (adjective) – Not open, shut, sealed. बंद
14. D) The presentation is being prepared by her for the meeting.
15. A) Sudha said that Vivek had arrived on Friday.
16. D) The correctly spelt word is 'Austerity' which means 'sternness or severity of manner or attitude.'
संयम, कठोरता, आडंबरहीनता

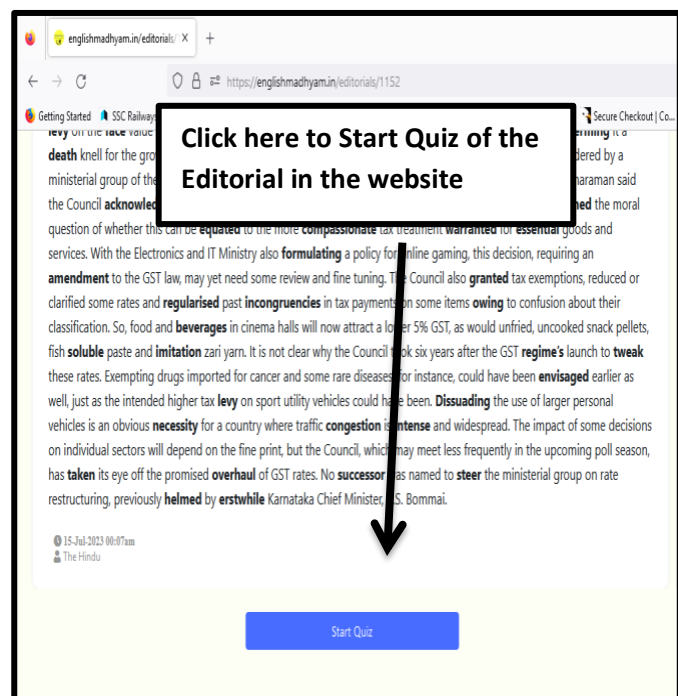
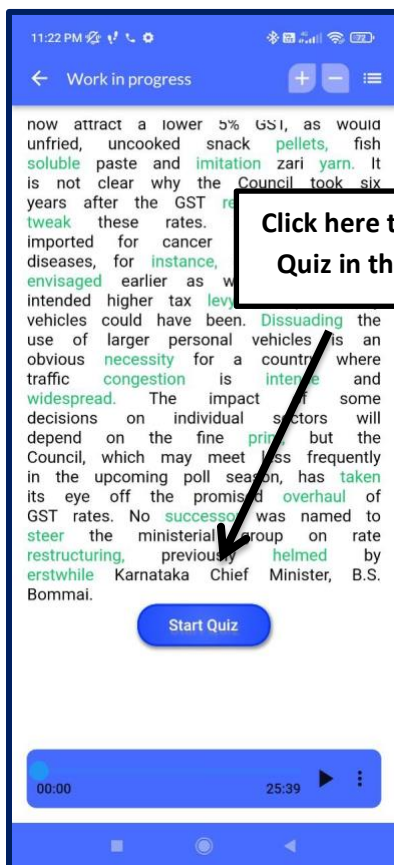
17. A) **Apple of discord** (idiom) – Matter of dispute विवाद का विषय
18. C) **Insolent** (adjective) – Showing a rude and arrogant lack of respect, impudent, disrespectful. अशिष्ट
Synonym: **Disrespectful** (adjective) – Showing a lack of respect or courtesy, rude, impolite. अपमानजनक
- **Dignified** (adjective) – Having or showing a composed or serious manner that is worthy of respect, noble, stately. गरिमाय
 - **Dutiful** (adjective) – Conscientiously or obediently fulfilling one's duty, responsible, devoted. कर्तव्यपरायण
 - **Humble** (adjective) – Having or showing a modest or low estimate of one's importance, modest, unassuming. विनम्र
19. B) **Betrothed** (verb) – Engaged to be married to someone. सगाई की हुई
- **Bestowed** (verb) – confer or present (an honor, right, or gift). प्रदान किया
 - **Betrayed** (verb) – be disloyal to. धोखा दिया
 - **Baptised** (verb) – administer baptism to (someone); christen. बपतिस्मा दिया
20. C) The correct spelling of '**Nesessity**' is '**Necessity**' which means "the fact of being required or indispensable" आवश्यकता
21. C) **'name'** का use होगा क्योंकि पूरे संदर्भ में, sentence एक नगर और साम्राज्य के नाम की चर्चा कर रहा है। यहाँ "Vijayanagara or "city of victory" was the __1 of both a city and an empire." के माध्यम से उस नगर और साम्राज्य के पहचान की ओर इशारा किया जा रहा है। इसलिए, "name" सबसे उपयुक्त विकल्प होगा।
- '**name**' should be used because in the entire context, the sentence is discussing the name of both a city and an empire. Here, through "Vijayanagara or "city of victory" was the __1 of both a city and an empire." it signifies the identity of the city and the empire. Thus, "name" would be the most appropriate choice.
22. A) **'Founded'** का use होगा क्योंकि पूरे संदर्भ में, sentence एक साम्राज्य की स्थापना की चर्चा कर रहा है। यहाँ "The empire was (2)_____ in the fourteenth century" के माध्यम से उस तात्विक घटना को दर्शाया जा रहा है, जिसमें एक नए साम्राज्य की नींव रखी गई। इसलिए, "founded" सबसे उपयुक्त विकल्प होगा।
- '**Founded**' should be used because in the entire context, the sentence is discussing the establishment of an empire. Here, through "The empire was (2)_____ in the fourteenth century," it portrays that fundamental event of laying the foundation of a new empire. Thus, "founded" would be the most appropriate choice.
23. B) **'Stretched'** का use होगा क्योंकि पूरे संदर्भ में, sentence विजयनगर साम्राज्य की भौगोलिक सीमाओं की चर्चा कर रहा है। यहाँ "In its heyday, it (3)_____ from the river Krishna in the north to the extreme south of the peninsula." के माध्यम से उस विस्तार को दर्शाया जा रहा है, जिसमें साम्राज्य की सीमाएं उत्तर में कृष्णा नदी से लेकर प्रायद्वीप के चरम दक्षिण तक फैली हुई थीं। इसलिए, "stretched" सबसे उपयुक्त विकल्प होगा।
- '**Stretched**' should be used because in the entire context, the sentence is discussing the geographical boundaries of the Vijayanagara empire. Here, through "In its heyday, it (3)_____ from the river Krishna in the north to the extreme south of the peninsula," it portrays the extent to which the empire's boundaries stretched from the Krishna river in the north to the extreme south of the peninsula. Thus, "stretched" would be the most appropriate choice.

24. A) **subsequently**' का use होगा क्योंकि पूरे संदर्भ में, sentence यह वर्णन कर रहा है कि विजयनगर शहर को नष्ट किए जाने के बाद क्या हुआ। यहाँ "1565 the city was sacked and (4)_____ deserted" के माध्यम से उस घटना के पश्चात् की स्थिति को दर्शाया जा रहा है, जिसमें शहर को लूटकर उसे खाली कर दिया गया था। इसलिए, "subsequently" सबसे उपयुक्त विकल्प होगा।

- '**Subsequently**' should be used because in the entire context, the sentence is describing what happened after the city of Vijayanagara was sacked. Here, through "1565 the city was sacked and (4)_____ deserted", it portrays the state of the city after the event, where it was looted and abandoned. Thus, "subsequently" would be the most appropriate choice.

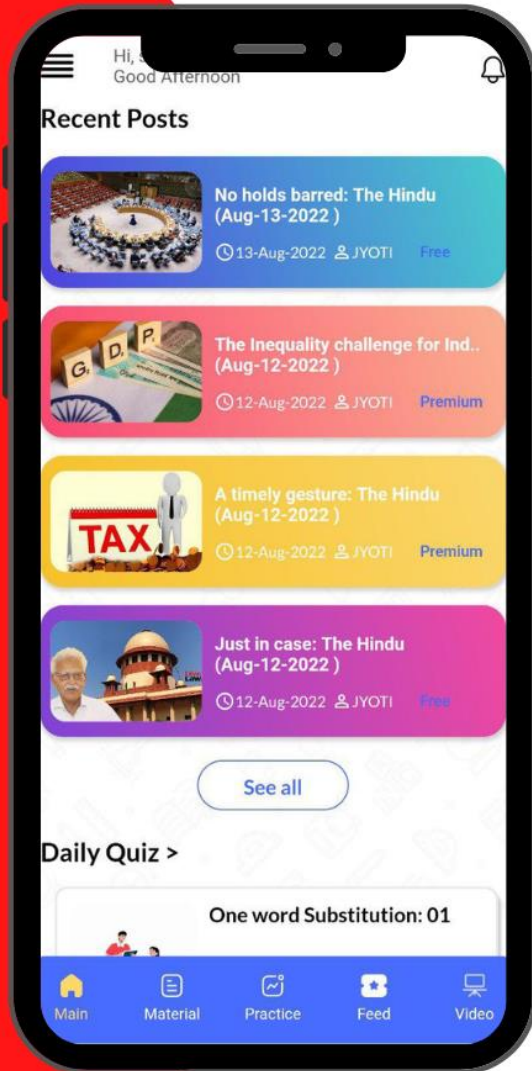
25. 'a) **Derived**' का use होगा क्योंकि यह शब्द 'local mother goddess, Pampadevi' के नाम से संबंधित है। यहाँ वाक्य में "a name 5 from that of the local mother goddess, Pampadevi" के माध्यम से उस संबंध को दर्शाया जा रहा है। इसलिए, "derived" सबसे उपयुक्त विकल्प होगा।

- '**Derived**' should be used because it relates to the name of the local mother goddess, Pampadevi. Here, through "a name 5 from that of the local mother goddess, Pampadevi," it portrays that relationship. Thus, "derived" would be the most appropriate choice.



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