



# THE TIMES OF INDIA

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STUDENT EDITION  
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WEB EDITION

## FSSAI bans sales, ads of JUNK FOOD in SCHOOL CANTEENS



In a bid to encourage children to consume safe and wholesome food, the Food Safety and Standards Authority of India (FSSAI) has banned the sales and advertisements of junk food in school canteens, and within 50 metres around school campuses. The Food Safety and Standards (Safe food and healthy diets for school-children) regulations, 2020 in this regard has been notified. It may be noted that the FSSAI had proposed these changes last year.

Junk food is used to describe food and drinks that are low in nutrients (such as vitamins, minerals and fibre) and high in kilojoules, saturated fat, added sugar and/or added salt

Share your views at [toinie175@gmail.com](mailto:toinie175@gmail.com)

**1** According to the new regulations, food products, which are high in saturated fat or trans-fat or added sugar or sodium (HFSS), cannot be sold to schoolchildren in the school canteens/mess premises/hostel kitchens, or in an area within 50 metres from the school gate in any direction

**2** Also, food business operators (FBOs) manufacturing HFSS food are barred from advertising and marketing of such food products to children on the school premises, including through logos, brand names, posters, textbook covers, etc

**3** Schools should ensure that a board containing warning, "Do not sell food products high in saturated fat or trans-fat, or added sugar or sodium within the school premises or campus" in English or one of the Indian languages, as applicable, is displayed prominently at the entrance gate or gates of the school, the FSSAI said

**4** Besides, a licence will have to be obtained for selling or catering school meals by the school authority or the FBOs contracted by the school authority

**5** The FBOs contracted by the state government for the operation of mid-day meal scheme will also have to get the licence.

**6** The FSSAI said, schools should adopt a comprehensive programme for promoting 'safe food and balanced diets' among children. It has also advised schools to convert their campus into 'Eat Right Campus', focusing on the provision of safe and healthy food, local and seasonal food, and create an awareness among kids on food wastage

**7** To promote consumption of a safe and a balanced diet in schools as per the guidelines issued by the National Institute of Nutrition (NIN), school authorities should engage nutritionists, dietitians to assist in the preparation of menu for the children periodically

## It may get worse before it gets better for the economy

**BAD NEWS:** India's economy may contract by 10.5% in 2020-21, according to Fitch Ratings, which released its outlook for India's GDP recently. That's more than twice its earlier projection of a 5% contraction.

21. It added that the economy will lose over ₹ 18.4 lakh crore in the current fiscal — of which ₹ 6.2 lakh crore will be wage income and the remaining will be corporate profits.

**WORSE NEWS:** Domestic credit agency, India Ratings and Research, has also projected a contraction of 11.8% in 2020-

**THE WORST:** Goldman Sachs has sharply cut its 2020-21 GDP forecast for India to a 14.8% decline, from its earlier estimate of 11.8%.



**A REALITY CHECK:** A major reason for the recession is the rise in infection rates. Fitch based its projections on the falling consumption and said, "all demand components, except government consumption fell massively in the quarter". Additionally, "the imposition of sporadic shutdowns across the country have disrupted the economic activities".

ECONOMY

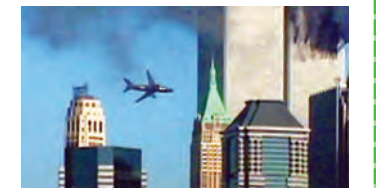
**GOOD NEWS:** While Fitch expects a sharp rebound in 2021-22, with the GDP growing at 11%, India Ratings projects a GDP growth rate of 9.9% in the next fiscal. Goldman Sachs has also upgraded its expectations of a rebound next year

THIS DAY, THAT YEAR

SEPTEMBER 11, 2001

On September 11, 2001, 19 militants associated with the extremist group al Qaeda hijacked four air-planes, and carried out suicide attacks against targets in the United States

**THE TARGET:** Two of the planes were flown into the twin towers of the World Trade Center in New York City, a third plane hit the Pentagon just outside Washington, DC, and the fourth plane crashed in a field in Shanksville, Pennsylvania.



**THE IMPACT:** Around 3,000 people were killed during the terrorist attacks, which triggered major US initiatives to combat terrorism and defined the presidency of George W Bush

### TECH BUZZ

#### APPLE TO UNVEIL NEW PRODUCTS

Apple Inc has scheduled a special event for Sept. 15, with fans and investors expecting a refresh in the lineup of some of the company's core products. While Apple uses its September events to showcase its most important products, new versions of iPhone handsets might still take time, as the company in July had flagged a delay of a few weeks from the usual timeline. The event will be streamed on the company's website from its campus in Cupertino, California.



■ Apple is expected to announce four new iPhone models, a new iPad Air with an edge-to-edge screen, Apple Watch, Apple Tags, and possibly an on-ear pair of studio AirPods

■ The new iPhones, coming later, will have redesigned cases, updated cameras and 5G capabilities. Apple also plans to announce the first Mac running its own processors, replacing Intel Corp, before the end of the year

■ The company's shares have surged this year on rising demand of iPhones, iPads, and other tech gears needed to work and study from home, during the pandemic

### NEWS IN CLUES

Who's the oldest US president ever sworn in for a first term?

**CLUE 1:** He was also the first candidate to be elected to office without having previous political or military experience.

**CLUE 2:** In 2007, he received a star on the Hollywood Walk of Fame.

**CLUE 3:** Since the late 80s, he's switched political party affiliations at least five times.

**ANSWER: DONALD TRUMP.**

Norwegian right wing MP, Christian Tybring-Gjedde has nominated the US President for the Nobel Peace Prize for 2021 for helping broker a deal between Israel and the UAE. It's the second time that he has put forward the name of the US President for the honour

### NEWS IN BRIEF

#### 'UNREST FOLLOWS EPIDEMICS'

Even though several protest movements in different parts of the world appear to be weakened at the moment, global protests may return more aggressively once the corona pandemic is over, researchers have warned. A sharp increase in social instability in the aftermath of the epidemic should be expected even though incumbent governments tend to consolidate, said a study. For the study, the researchers looked at the great plagues of the past. They analysed 57 epidemic episodes between the Black Death (1346-1353) and the Spanish Flu (1919-1920).

According to a Freedom House annual report, out of the 20 protest movements active worldwide in Dec 2019, only two or three are still active. For example, the 'Liberate Hong-Kong', the environmental activism of Greta Thunberg, the 'Gilets Jaunes' in France or the 'Sardine' movement in Italy, appear greatly weakened since the outbreak of the pandemic



#### THE CAUSE

"The epidemics display a potential disarranging effect on the civil society along three dimensions," the authors wrote. Firstly, the policy measures tend to conflict with the interest of the people, generating a dangerous friction between the society and the institutions. Secondly, to the extent that an epidemic impacts differently on society in terms of mortality and economic welfare, it may exacerbate inequality. Thirdly, the psychological shock can induce irrational narratives on the causes and the spread of the disease, which may result in social or racial discrimination and even xenophobia, they added

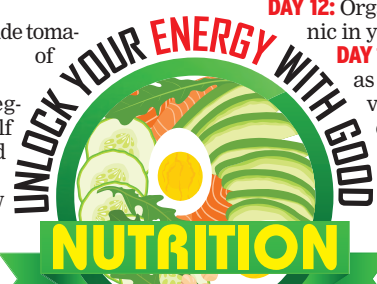
#### CALIFORNIA'S CLIMATE CRISIS IS DEEPENING

In a matter of weeks, California has been hit with two record-breaking heatwaves, hundreds of blazes, freak lightning storms, and dangerously poor air quality. Now, unusually strong winds are threatening to knock down the power lines, and ignite more wildfires. Since the middle of August, fires in California have killed 11 people and destroyed more than 3,600 structures



## FOLLOW THIS HEALTH CALENDAR

- DAY 1:** Buy some organic produce.
- DAY 2:** Replace cola with a cup of green tea.
- DAY 3:** Avoid sugar. Go for jaggery in your tea/lemonade.
- DAY 4:** Try to use home-made tomato chutney instead of tomato sauce.
- DAY 5:** Eat a seasonal vegetable; educate yourself about seasonal fruits and veggies.
- DAY 6:** Try a healthy, new recipe each week.
- DAY 7:** Start drinking eight glasses of water a day.
- DAY 8:** Introduce yourself to a healthy meal planning process with your parents.
- DAY 9:** Replace your evening ice cream with frozen yoghurt or fruit salad.



- DAY 10:** Go completely meatless for a day to reduce carbon footprints.
- DAY 11:** Plant a herb in an empty container.
- DAY 12:** Organise a healthy potluck picnic in your garden or terrace.
- DAY 13:** Challenge yourself to eat as many colours of fruits and vegetables as you can have each day.
- DAY 14:** Stock your pantry with healthy snacks like nuts, seeds, etc.
- DAY 15:** Go completely 'fast food-free' for a week!
- DAY 16:** Take a break from eating in front of your TV or computer. Eat slowly, and savour every bite. This is called mindful eating.
- DAY 17:** Replace your plastic stationery storage with wooden ones.

- DAY 18:** Start your day with a green smoothie made from veggies like spinach and beet-root.
- DAY 19:** Forgive yourself for an indulgent cheat meal.
- DAY 20:** Curb your afternoon food cravings with fresh fruit rather than a pack of potato chips.
- DAY 21:** Stop eating when you are no longer hungry.
- DAY 22:** Experiment with a new vegetable of your area each week.
- DAY 22:** Replace your plastic combs with wooden ones. What you use on your body is also about giving the right nutrients to your skin.



- DAY 21:** Avoid refined food. Have brown bread instead of white ones
- DAY 22:** Plan a family dinner and treat your family with a healthy meal.
- DAY 23:** Have home-popped popcorn, while watching a movie or a web series.
- DAY 24:** Try quinoa instead of white rice.
- DAY 25:** Replace your 9-inch dinner plates with 7-inch salad plates. It helps in reducing weight.
- DAY 26:** Add more green veggies in your lunch.
- DAY 27:** Share that piece of cake with your sibling; don't gobble it alone.
- DAY 28:** If you are craving for chocolates, try a few pieces of dark chocolate instead of a regular one.
- DAY 29:** Replace processed noodles with zucchini noodles. You will easily find the recipe on YouTube.
- DAY 30:** Replace your plastic water bottles with copper bottles — it's healthier and cleaner. Make a resolve to do most of the things you have been doing since the last 29 days.

### Quote unquote



World powers must pull together and rework their economies for a green future, or humanity is doomed. The failure to control the coronavirus pandemic illustrates the danger of disunity. The coronavirus crisis may have shunted climate into the sidelines, as nations launched unprecedented shutdowns to try to slow its spread. But the need for climate action is more urgent than ever. The pandemic should sharpen governments' focus on cutting emissions. Governments should use the crisis as a springboard to launch transformational policies aimed at weaning societies off fossil fuels

ANTONIO GUTERRES, chief, UN



# Families can become NUTRITION ROLE MODELS

pallavi.shankar@timesgroup.com

**Y**ou are what you eat," goes a popular saying. However, it's more than that. How involved families are in procuring, making, discussing and serving meals can play a crucial role in inculcating right nutrition values in children. Follow these steps and contribute towards a healthy family and healthy nation.

**Be a good role model**  
Eat well and eat on time. Not having a consistent meal time

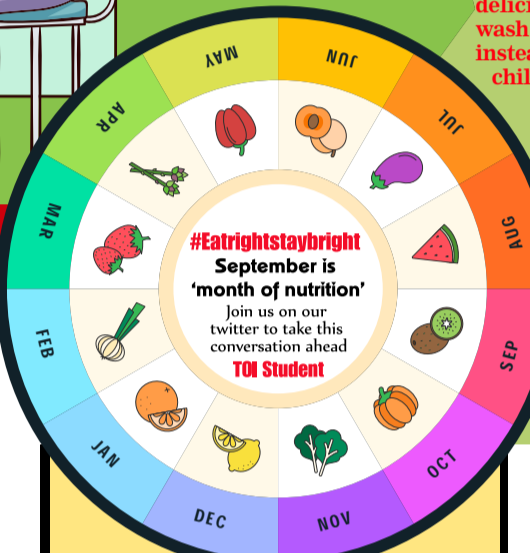
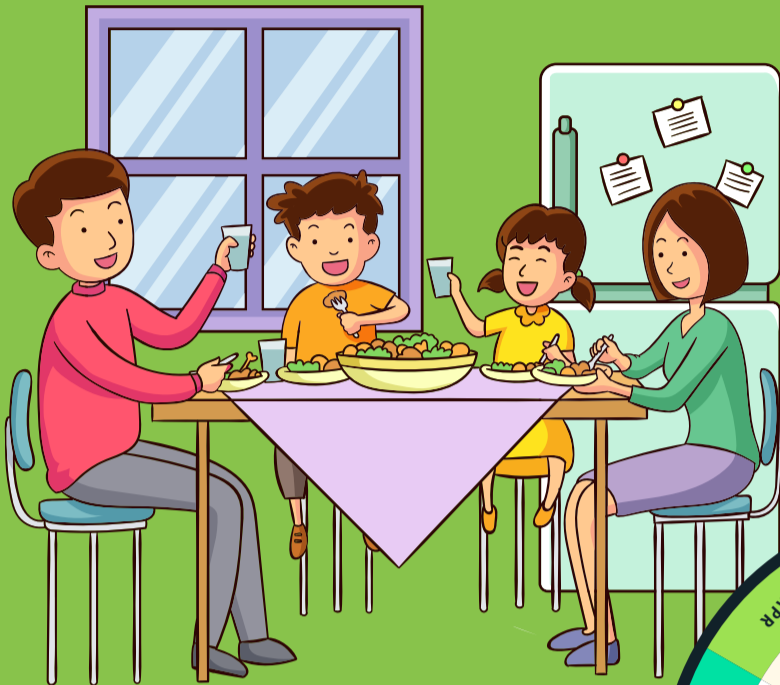
may take a toll on your health. To make your children or other younger members develop a healthy eating style, work towards having wholesome meals at the same time (almost) daily. **Reduce eating junk food:** if you get back from work and open a packet of chips with a glass of aerated beverage, you are setting the wrong standard for your kids, and they will be tempted to do the same after their school time is over. They will start associating relaxation time with processed foods and that's the beginning of unhealthy eating habits. **So, swap that packet of chips for some delicious poha or upma and wash it down with lemonade instead of cold drinks. Your children will follow suit.**

**tions** more attractive to them. How can that be done? **Emphasise the pleasure of eating healthy food - talk about the flavours of different veggies and weave an interesting story or narrative around it.** A UK study showed that teens found green veggies more lucrative after they got cool recipe names. The idea of healthy food tasting not delicious enough is so not true. It just has to be packaged better name wise and presentation wise to be enjoyable for kids and teens; go for names like 'Popeye Spinach Burger' (remember how Popeye's fixation with spinach made it interesting to kids) to make it appealing and add herbs and some cheese to it to make it tasty. A homemade mango shake served after a game of evening soccer will have a family association and this 'taste of childhood' will last for a lifetime.

**Make healthy foods attractive, cool and fun**

It's best to avoid being preachy to kids while encouraging them to eat healthy foods. Being patronising to children doesn't work and makes unhealthy op-

**For More Nutritious ideas; Keep Watcong This Space...**



## WHAT OUR PARENTS SAY

### Bring variety to your diet

A healthy body is the result of physical exertion and proper nutrition. We underestimate the importance of eating right and eating at proper intervals. We also undervalue the power of home-made food, forgetting it is the least processed and the most fulfilling part of our diet. Especially during these times, it is important we bring variety to our diet, not eat at irregular times and eat what helps our body and mind to remain healthy, active and efficient.

**SHAILESH KAPADIA, parent, Ahmedabad**



### A healthy body stimulates a powerful mind

Living in this post-Covid world, one has learnt the value of having good immunity and eating healthy. However, these habits must be inculcated right from their childhood. My advice is to not entirely restrict your child from eating junk but ensure that meal is

equally balanced and has a proportionate amount of carbs, fats, proteins, vitamins and minerals. A balanced diet should also include lots of water. Nuts, seeds, fruits and salad provide a healthy and yummy snack-time alternative. A healthy body stimulates a powerful mind and aids children in improving their concentration and also boosts their stamina.

**HIREN DESAI, parent**



### Let's guide them to build immunity

It is believed that when children are told about the different nutrients like vitamins, carbohydrates present in different types of food, they get motivated to eat healthy food. This works, but only for the age group of 5-7 years old. Later it becomes a cliché, as they hear it several times. But if we guide them to build immunity and allow the body to heal itself and encourage them to face ailments without depending on elaborate medicines, children will consciously pick healthy food.

**SRIVIDYA, (Engineer, Value Educator) Mother of Nimisha, class X, Gitanjali Devashray, Hyderabad**



## Quiz time

### CURRENT AFFAIRS

**Q.1) Who won the recent WTA Wuhan Open held in Wuhan, China?**

- A. Bianca Andreescu
- B. Aryna Sabalenka
- C. Elise Mertens
- D. Aliaksandra Sasnovich

**Q.2) Where was the 31st International Conference on Sindh held?**

- A. London
- B. Tokyo
- C. New Delhi
- D. Jakarta

**Q.3) Which state/UT launched the scheme**



**Mukhyamantri Kirayedar Biji Meter Yojna?**

- A. Kerala
- B. Mumbai
- C. Chandigarh
- D. Delhi

**Q.4) Name the financial institution which has launched 'green' bond fund for central banks to promote green finance.**

- A. Bank for International Settlements
- B. World Bank
- C. International Monetary Fund
- D. Asian Development Bank

## ANSWERS

- 1. B) Aryna Sabalenka 2. A) London 3. D) Delhi 4. A) Bank for International Settlements

## KNOWLEDGE BANK



ANIMALS

### White rhinoceros

The white rhinoceros or square-lipped rhinoceros (*Ceratotherium simum*) is the largest extant species of rhinoceros. It has a wide mouth and is the most

social of all rhino species. Its two subspecies are the southern white and the northern white rhino which are critically endangered. Only two of these rhinos are known to exist in the world - both are in captivity. Conservation methods are underway to save the species.



## COMMON GRAMMATICAL MISTAKES

### 1. APPRAISE/APPRISE

THE RULES:

- 'Appraise' is to estimate the value of something.
- 'Apprise' means "to tell."

HOW NOT TO DO IT:

- The cancellations reflected mortgage applications that were refused because **apprised** home values were coming in below the sales price.

HOW TO DO IT PROPERLY:

- The cancellations reflected mortgage applications that were refused because **appraised** home values were coming in below the sales price.



## Word Wise

**Surmise: (v)** to think or infer without certain or strong evidence; conjecture; guess.

**Synonymous words:** assumption, attempt, conjecture, deduction, hunch, guesswork,

hypothesis, idea, inference, notion, option, possibility, presumption, speculation, supposition, theory, thought, etc.

**Examples:** ■ The politician's supporters are correct to **surmise** that his detention is bad timing for his comeback bid.  
■ He **surmised** that her flight was delayed.

## Mind teasers MATHS QUIZ

**Q.1)** Two ships are sailing in the sea on the two sides of a lighthouse. The angle of elevation of the top of the lighthouse observed from the ships are 30° and 45° respectively. If the lighthouse is 100 m high, the distance between the two ships is...

- A. 122 m
- B. 373 m
- C. 273 m
- D. 255 m

**Q.2)** The angle of elevation of a ladder leaning against a wall is 60° and the foot of the ladder is 4.6 m away from the wall. The length of the ladder is...

- A. 4.2 m
- B. 3.2 m
- C. 6.2 m
- D. 9.2 m

**Q.3)** From a point P on a level ground, the angle of elevation of the top tower is 30°. If the tower is 100 m high, the distance of point P from the foot of the tower is...

- A. 143 m
- B. 173 m
- C. 144 m
- D. 188 m

**Q.4)** The average weight of 8 persons increases by 2.5 kg when a new person comes in place of one of them weighing 65 kg. What might be the weight of the new person?

- A. 76 kg
- B. 85 kg
- C. 70 kg
- D. 65 kg

## ANSWERS

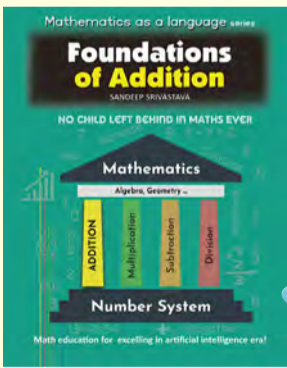
- (1) C) 273 m (2) D) 9.2 m (3) B) 173 m (4) B) 85 kg

# Figure out life with number games

If a child is asked what is 7+3, pop comes the answer 10. But think about it in the real-world scenario, an age of 7 years + 3 months, can it be a conditioned answer of 10? Obviously not. The answer will be 7.25 years or 87 months or 2,648 days.

Let's take another scenario. If you are asked what is 7 billion + 3, the answer will be 7 billion, which is 700 cr + 3. What one, therefore, gets to see is that it is only in one-in-a-million situations when 7 and 3 leads essentially to 10. Highlighting these examples to show the drastic need to change the current pattern of

rote mathematical education in India, **SANDEEP SRIVASTAVA, THE AUTHOR OF 'MATHEMATICS AS A LANGUAGE, FOUNDATIONS OF ADDITION'**, says that teachers and parents tend to condition the child to think in one specific pattern, instead of using mathematics from real-life scenarios to make them explore more possible ways to 'play with numbers'.



## WHY THE MATH PHOBIA?

Stressing that math is easier and more predictable than languages, he puts it simply, "Maths has just 10 digits (vis-a-vis 26 alphabets in English), a few basic arithmetic rules (vis-a-vis grammar rules of English), no pronunciation issues and certainly, no difference between 'spoken and written' numerals." Then, why the block? He says, "This is because instead of making children comfortable with numbers from pre-primary years itself with daily life example of quantities (eg: money, weight, time, spaces, etc), which involves the correct application of the fundamental principles of mathematics, schools focus on exactly the opposite - formulae over reasoning, rote learning over applied mathematics."



## WHAT IS 7+3?

A sample of what's wrong with school math - '7 + 3' is 10! Let us discover what '7 + 3' is.

- Let us start with our response to some everyday examples of 7+3 where our statement and action indicates that we know what '7 + 3' is:
- 1. We know that 7 men and 3 women are '7 people and 3 people', or 10 people
- 2. We know that 7 women and 3 infants are '7 women and 3 infants', not 10 people
- 3. We know that 7 kg rice packets and 3 half-kg rice packets is 8+ kg of rice, not 10 kg
- 4. We know that 7 years and 3 months is '7 years and 3 months' (this is 7.25 years), not 10 years, or 10 months
- 5. We know that 7 dozen erasers and

3 erasers are 87 erasers, there is nothing 10 about it

► For sure we know all that the above statements involving '7 + 3' are true, then what must be '7 + 3'?

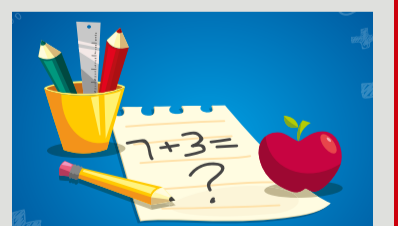
► One thing must be clear from the above examples, '7 + 3' is NOT necessarily 10. It can be 10, 8.5, 7.25, 87 or even 'nothing' (that is, when we can't add 7 and 3).

► Hence, 7 + 3 could be any quantity, 10 being just one possibility!

► It is easy to see in the above examples that is 7 + 3 equal to 10 only when 7 and 3 have the same unit, as in '7 people and 3 people', or 10 people! For the units 'men' and 'women' we can use the common or like unit 'people'.

► But what does school math education make of '7 + 3'? '7 + 3 = 10', always! From Grade 1 onwards '7 + 3' is 10.

► The twin fallacies at the heart of this



blunder in school math education are:

1. Numbers are numbers, 7 is 7, only 7!
  2. We do not look at the units of the numbers being added when we add, so 7 + 3 = 10
- Hence, the expression '7 + 3' cannot be added till we clearly know the units of the add ends, 7 and 3. And '7 + 3' would be a meaningful expression in math only if 7 and 3 represent quantities of 'like things'. So when asked 7 + 3, a kid should question 7 and 3 of what? **The book is available on kindle.**

(As told to Malini Menon)