

GOVERNMENT OF NATIONAL CAPITAL TERRITORY DELHI
DIRECTORATE OF EDUCATION: SCHOOL BRANCH (HEALTH)
OLD SECRETARIAT: DELHI-110054

No. DE.23 (386)/Sch.Br./SHP/2025/136-143

Dated: 26/08/25

CIRCULAR

Sub: Importance of imparting education on processed foods to children.

Please find enclosed herewith DO. No.10-42/2025-NCERT dated:14.08.2025, regarding importance of imparting education on processed foods to children.

In this regard, all the Heads of Govt., Govt. Aided and Unaided Private Recognized Schools of DoE must comply with the directions given in the letter enclosed herewith. (Specifically point no. 5 to 8).

ATR of activities conducted must be shared at healthschoolbranch@gmail.com latest by 20th September, 2025.

This issues with the prior approval of Competent Authority.

(Signature)
(Dr. Sudhakar Gaikwad)
DDE (School)

Enclosed : As above

All Heads of Govt./Govt. Aided/ Unaided Recognized Pvt. Schools under DoE through DEL-E.

No. DE.23 (386)/Sch.Br./SHP/2025/136-143

Dated: 26/08/25

Copy to:-

1. Secretary to Hon'ble Chief Minister (Delhi).
2. Secretary to Hon'ble Minister of Education (Delhi).
3. PS to Secretary (Education).
4. PA to Director (Education).
5. PA to Addl. DE (Schools).
6. All RDEs, DDEs (District/Zone) to ensure compliance please.
7. System Analyst (MIS) for uploading on MIS.
8. Guard file.

(Signature)
(Vandana Agrawal)
OSD (Health)



Prachi Pandey, IA&AS
Joint Secretary (Institutions & Training)
Tel. No. 011-23389247
Email: prachi.p@gov.in

D.O. No. 10-42/2025-NCERT

14th August, 2025

Respected Madam/Sir,

As you are aware, Hon'ble Prime Minister Narendra Modi, in his June 29, 2025, Mann Ki Baat address called on people to reduce oil and unhealthy food consumption as part of adopting healthier diets to promote wellness and to address diet-related health problems.

2. The evolving dietary habits, along with the complexity of today's food systems, have also brought food safety into sharper focus. Microbial contamination and chemical residues—from sources like pesticides, fertilizers, heavy metals, and additives—can impact the quality and safety of food.
3. Taken together, food and nutrition are an important component of healthy life and children must be aware of its significance. It is heartening to share that CBSE has come out with a novel intervention of installing Sugar Boards (**copy enclosed**) in their schools create awareness about consuming sugar and high fat foods among students, to encourage schools to limit or avoid high-sugar foods and beverages, to promote nutrition literacy through posters, class discussions, and cafeteria audits.
4. Further, in pursuance of the clarion call by the Hon'ble Prime Minister to combat obesity through lifestyle changes, an advisory (**copy enclosed**) for a 10% reduction in oil consumption has been issued to all the States and UTs by the Department of School Education & Literacy to promote healthy meals and physical activities in schools.
5. At present, there are serious concerns regarding usage of processed foods and adulteration in food chain. In this regard, Ministry of Food Processing Industries (MoFPI) has written to us (**copy enclosed**) about importance of imparting education on processed foods to children. It is pertinent to mention that there are both positive as well as negative aspects of consuming processed foods, however, processed foods play crucial role in food safety and also attracts skill alternatives. Therefore, on a bagless day, through field visits, students may be given an opportunity to appreciate the adulteration in food chain via pesticides, fertilizers and also in the processed food being sold in the market.

6. Processed food is frequently associated with negative perception due to the presence of additives, excess sugar, fat or preservatives in some commercial products. However, such a general perception overlooks the critical role that food processing plays in enhancing food safety, extending shelf life, improving nutritional value and taste, and reducing food wastage — all of which are especially vital in a country like ours, where post-harvest losses are high and access to affordable nutrition remains a challenge. Yet, the increasing prevalence of NCDs and their perceived correlation with Ultra Processed Food (UPF) and High Fat, Sugar, Salt (HFSS) foods is a matter of concern.

7. Educating students about food processing including its scientific principles, innovations, health implications, and quality standards can help them make informed dietary choices and understand the entire value chain from farm to fork. This awareness will not only counteract prevailing myths but also spark interest in careers in food technology, food engineering, and nutrition, thereby contributing to national goals of food and nutritional security and self-reliance.

8. Accordingly, you are requested to kindly make students aware about the evils of consuming unhealthy and unbalanced diet, on the lines of CBSE initiatives. Further, through the bagless days, students may be given an opportunity to appreciate the adulteration in food chain via pesticides, fertilizers and also in the processed food being sold in the market. I am also getting drafted a short guidance note on extracurricular initiatives, which can be considered to be pursued by the students in your state/ UT, which would be circulated shortly.

9. I am sure that with your support, this whole of government approach would result in developing effective strategies to promote healthy eating habits and reduce the burden of diet-related health problems.

Kind regards,

Yours Sincerely,

Prachi Pandey

(Prachi Pandey)

To

The Education Secretaries of all States/UTs

सुब्रत गुप्ता
SUBRATA GUPTA

(13)



सत्यमेव जयते

शिक्षा मंत्रालय/Min. of Education

03 JUN 2025

स्कैन/SCANNED

Ministry of Food Processing Industries

29th May 2025

सचिव
भारत सरकार
खाद्य प्रसंस्करण उद्योग मंत्रालय
Secretary
Government of India

DO No.U-22/106/2024-PA

Dear Sanjay,

This is with reference to our discussions held on 28th May 2025 on the importance of imparting education on aspects of processing of food and its impact on health to school children. You will appreciate that food processing remains an important yet often misunderstood subject in today's society. Given the growing prevalence of misinformation and misconceptions surrounding processed foods, it is imperative that our education system takes proactive steps to equip students with accurate, science-based knowledge on this topic.

Processed food is frequently associated with negative perception due to the presence of additives, excess sugar, fat or preservatives in some commercial products. However, such a general perception overlooks the critical role that food processing plays in enhancing food safety, extending shelf life, improving nutritional value and taste, and reducing food wastage — all of which are especially vital in a country like ours, where post-harvest losses are high and access to affordable nutrition remains a challenge. Yet, the increasing prevalence of NCDs and their perceived correlation with Ultra Processed Food (UPF) and High Fat, Sugar, Salt (HFSS) foods is a matter of concern.

Educating students about food processing including its scientific principles, innovations, health implications, and quality standards can help them make informed dietary choices and understand the entire value chain from farm to fork. This awareness will not only counteract prevailing myths but also spark interest in careers in food technology, food engineering, and nutrition, thereby contributing to national goals of food and nutritional security and self-reliance.

In this context, I request your Ministry to consider incorporating fundamental food science and processing topics in school curricula, complemented by extracurricular initiatives such as awareness campaigns, food fairs, and food safety workshops. Collaboration with experts from the food industry and academic institutions can further enrich these efforts.

To take this initiative forward, we may consider nominating a nodal officer from each of our Ministries to coordinate and work jointly on this important agenda. I propose Shri Devesh Deval, Joint Secretary as the Nodal Officer (Mobile: **9910926978**, E-mail: **deves.deval@nic.in**) and Dr. Harinder Singh Oberoi, Director, NIFTEM-K as the Technical Advisor (Mobile: **9417426649**, E-mail: **vc@niftem.ac.in**) from MoFPI.

(contd.)


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ई-मेल/E-mail : secy.mofpi@nic.in

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Your continued support in fostering an informed and scientifically literate generation will go a long way in shaping healthier attitudes and a stronger understanding of food habits in our youth and I look forward to working together toward this shared objective.

Warm regards,

Yours sincerely,


29/7/2025
(Subrata Gupta)

✓ Shri Sanjay Kumar, IAS
Secretary
Department of School Education and Literacy
Shastri Bhawan
New Delhi

3/6/25