

“Believe You Can”

2015

YOUNG FORUM

Battle Of The Brains

SAFETY

by



SEEK FOUNDATION

in association with

ST. BRITTO'S GROUP OF INSTITUTIONS

PREFACE

“BELIEVE YOU CAN” the interschool competitions conducted by SEEK FOUNDATION in association with St. Britto’s group of institution witnessed a splendid display of intellectual, aesthetic and physical energy. The events were conducted successfully under the titles **Young Forum, Royal Gridlock and Asset.**

A three day event Young Forum was held between 13th to 15th August 2015 spread over three different venues namely, St. Britto’s Academy, St. Britto’s MHSS and St. Britto’s College. The seeds of Young Forum, a very significant Calendar event in St. Britto’s, was sown by the late former President of India Dr. A. P. J. Abdul Kalam during his historic visit to the institution.

The objectives of the event are as follows: to enable students to learn in an empirical manner through observation. To create a conducive practical application of the theoretical understanding to equip students with various self-learning strategies including defining , classifying ,interpreting concepts and to supplement classroom learning with hands on training in various fields.

As part of Young Forum, “Infographics” was an exciting event which involved designing posters on various topics was held for students at various levels. For level III to V the theme was road safety. The aim was to inculcate awareness on road safety at a very young age as India has unfortunately turned out to be world’s road accident capital. Food safety was the theme for level VI to VIII. Students came up with an excellent display of ideas concerning food safety. Cyber safety was given as a theme for class IX to XII.As creating awareness on cybercrimes is a need of the hour, the presentations of the students dealt with theme in a very effective manner.

ACKNOWLEDGEMENT

We extend our gratitude to our Correspondent **Mrs. Vimala Britto** and Chairman **Mr. Xavier Britto** for providing us with all the necessary resources and other facilities for conducting this event. We are extremely grateful to our Principals Mrs. Mary Vasantha, Mrs. Hepzyba Gunaseelan, Mr. Thomas Ponraj and Vice Principals for giving us valuable support and encouragement throughout this event.

We wish to thank the **Department of Computer Science**, for extending all facilities to successfully carry out this event. We also thank all the members of St. Britto's Institutions, for their valuable help and guidance throughout this event.

A deserving note of thanks goes to the respected judges **Mr. Rana, Mr. Boopthi** and **Ms. Swati**.

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SEEK FOUNDATION

IN ASSOCIATION WITH

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BELIEVE YOU CAN '15

Interschool Competitions

POWERED BY



STD III to V



ROAD

SAFETY

STD III to V
ROAD SAFETY

AMIRTHA VIDYALAYA

ASHRAM

DAV ADAMBAKKAM

G K SHETTY, ADAMBAKKAM

GTAVM

PON VIDHYASHRAM, KELAMBAKKAM

ST. BRITTO'S ACADEMY

ST. BRITTO'S MATRICULATION

ST. JOHN'S PUBLIC, MEDAVAKKAM



SAFETY
STARTS WITH
YOU!



OBEY TRAFFIC RULES

DO NOT DRINK AND DRIVE

CROSS THE ROAD IN THE ZEBRA CROSSING

ALWAYS WEAR HELMET IN A TWO WHEELER

AVOID CELL PHONE WHILE DRIVING

AVOID FOOT BOARD IN THE BUS

DO NOT PLAY ON THE ROAD

WALK ON THE FOOT PATH

THERE IS NO FOOT PATH WALK ON THE RIGHT SIDE OF THE ROAD

ROAD SAFETY

OBEY RULES

GO SLOW

SIVA ANU ANUVA

Ashram
Surya. B &
Siva Kumar. V



ROAD SAFETY - ALIVE TODAY ALIVE TOMORROW



SAFETY IS OUR MISSION, NOT AN
INTERMISSION

D.A.V. Adambakkam

Sudhiksha. K & Rajalakshmi. R



Safety

Road safety

- * Speed Thrills
but Kills!!!!
- * Drive like hell
and you will be
there!!!!



◆ Leave sooner;
Drive slower;
Live longer!!!

* Don't use Cell
phones while
driving!!!!



G.K. Shetty

R. Harini & M. Sai Prashanth Ramesh

ROAD SAFETY



ROAD SAFETY

വഴിയുടെ മര.പറമ്പു വെ
അല്ലെങ്കിൽ ഒരു കാര്യം
ഒരു കാര്യം സംഭവിക്കുമ്പോൾ
മരണം.

വെ അല്ലെങ്കിൽ ഒരു
കാര്യം

റൂൾ

1. ഒരേയ്ക്ക് തടസ്സം റൂൾ
2. ഫോളോ തടസ്സം മുന്നിൽ
3. ട്രാഫിക് ലൈറ്റുകൾ തടസ്സം.
4. ട്രാഫിക് ലൈറ്റുകൾ തടസ്സം
ലൈറ്റുകൾ.
5. നടക്കുക വെ തടസ്സം പാത.
6. ട്രാഫിക് ലൈറ്റുകൾ വെ റോഡ്.

G T AVM

Lavanika & Swetha



School zone

Time:8:00 to 9:30

2:30 to 4:30

Speed limit : 20

ROAD SAFETY



Avoid
drink and
drive



Obey
traffic
rules



Wear helmet
wear
Seat belt

Think accident bring tears

Safety brings cheers

Pon Vidyashram

Rithika R& V.Bhavyashri



ROAD SAFETY



WARNING

Britto traffic police
welcomes u!



RESPONSIBLE Others

RESPONSIBLE U

Don't RACE,



SAFETY IS A KEY, IT'S UP TO U & ME!!!!!!

St. Britto's Academy

Nikhil Julius & Eric

Road Safety



St. Britto's Mat. HSS

Rinna Grace. A & Yabesh M



1. DO NOT EXCEED LEGAL SPEED LIMITS - THEY ARE THERE FOR A REASON.
1. REMEMBER THAT SPEED LIMITS ARE A MAXIMUM NOT A TARGET - OFTEN IT IS MORE APPROPRIATE TO DRIVE WELL WITHIN THEM.
2. LOOK FOR SPEED LIMIT SIGNS AND MAKE A POINT OF KNOWING WHAT THE LIMITS ARE ON YOUR LOCAL ROADS.
3. BE AWARE OF PEDESTRIANS, CYCLISTS, CHILDREN, ANIMALS AND MOTORCYCLIST.
4. BE RESPONSIBLE AND CHECK YOUR SPEEDOMETER AS FREQUENTLY AS YOU WOULD YOUR MIRRORS - IT COULD SAVE YOUR LICENCE.
5. CHOOSE THE RIGHT GEAR TO MAINTAIN CONTROL OF YOUR SPEED.
6. READ THE HIGHWAY CODE TO FIND OUT MORE ABOUT SPEED LIMITS.

THANK YOU

St. John's Public School

Yashkannan.K.K & Lokeshwar.G



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BELIEVE YOU CAN '15

Interschool Competitions

POWERED BY



STD VI to VIII



FOOD

SAFETY

STD VI to VIII
FOOD SAFETY

AMM MHSS, KOTTURPURAM

DAV ADAMBAKKAM

G K SHETTY, ADAMBAKKAM

ST. BRITTO'S ACADEMY

ST. BRITTO'S MATRICULATION

ST. JOHN'S PUBLIC, MEDAVAKKAM

CONTRIBUTION BY OTHER STUDENTS OF HOST INSTITUTION

STORING FOOD FOR SHORT TERM EMERGENCIES



1.3 BILLION TONNES OF

FOOD

is **lost or wasted** every year around the globe.



Slogan: love food and store it.



In those days people did not know what is refrigerator so they starved because all the food decayed easily



Some believe that some angels come from Jesus and dropped refrigerators.



HAPPY!



PEOPLE BECAME

the end

AMM MHSS
Storing Food for
Short Term Emergency
Pavan.P & Kanish.T



CAFFEINE - THE INSIDE SHOP

Caffeine is a drug that stimulates the nervous system. It is usually found in coffee, tea, chocolates, colas and other soft drinks. It can be bought from a pharmacy in powdered or tablet form, without prescription.



A bottle containing caffeine tablets.

Coca-cola and other soft drinks contains a high level of caffeine. In every bottle, it is written in bold letters that it contains caffeine. But it is ignored by the common folk.



The above are some food items which contain caffeine.

Excessive caffeine can lead to many side effects:

1. More than 4 cups leads to early death.
2. Caffeine may raise blood pressure.
3. Caffeine can cause indigestion
4. It can also cause headaches.



The only way to reduce caffeine addiction is to reduce its consumption gradually.



D.A.V Adambakkam

Caffeine - The Inside Shop

Shiva Priya.S & Adhiyan.S

CANNED BREADS AND CAKES

The microorganism to be concerned about in these products is *Clostridium botulinum*. If spores of this type of bacteria are allowed to germinate and grow, deadly botulism toxin is produced. Very small amounts of this toxin can cause an often fatal disease called botulism. *Clostridium botulinum* spores are abundant in nature but will only grow and produce toxin in unrefrigerated high moisture foods that are low in acid and exposed to little or no oxygen. These conditions occur in low acid canned foods which must be processed under pressure at temperatures of 240°F or higher to make sure that the heat resistant spores are killed. Some research studies have shown that low acid canned bread or cake products may have characteristics that are favorable for growth of *Clostridium* spores.



SLOGAN

FOR ME YOU'RE AS ;
CHEESE FOR PIZZA,
PASSPORT FOR VISA
BUTTER FOR BREAD,
ICE FOR FREEZE
CREAM FOR CAKE,
WATER FOR LAKE
LEAF FOR TREE AND
AFRIEND LIKEYOU IS FOR ME

G.K. Shetty

Canned Breads & Cakes

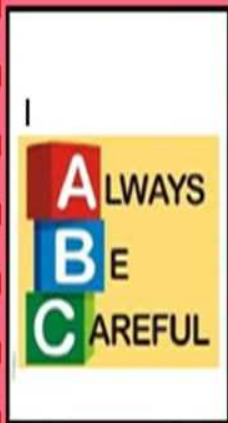
Adithya.A & Adhiyaman.J



COOK IT SAFE..!



**IF U'RE UNDER 18,
STAY AWAY
FROM THE STOVE**



KITCHEN RULES FOR KIDS

1. Wash your hands.
2. Listen to the grown up in charge.
3. There is no such thing as a bad question.
4. Pay attention.
5. Most importantly-

HAVE FUN!

HAPPY SAFE COOKING!!



**DONT CONCENTRATE
ON ANYTHING
WHILE COOKING!**



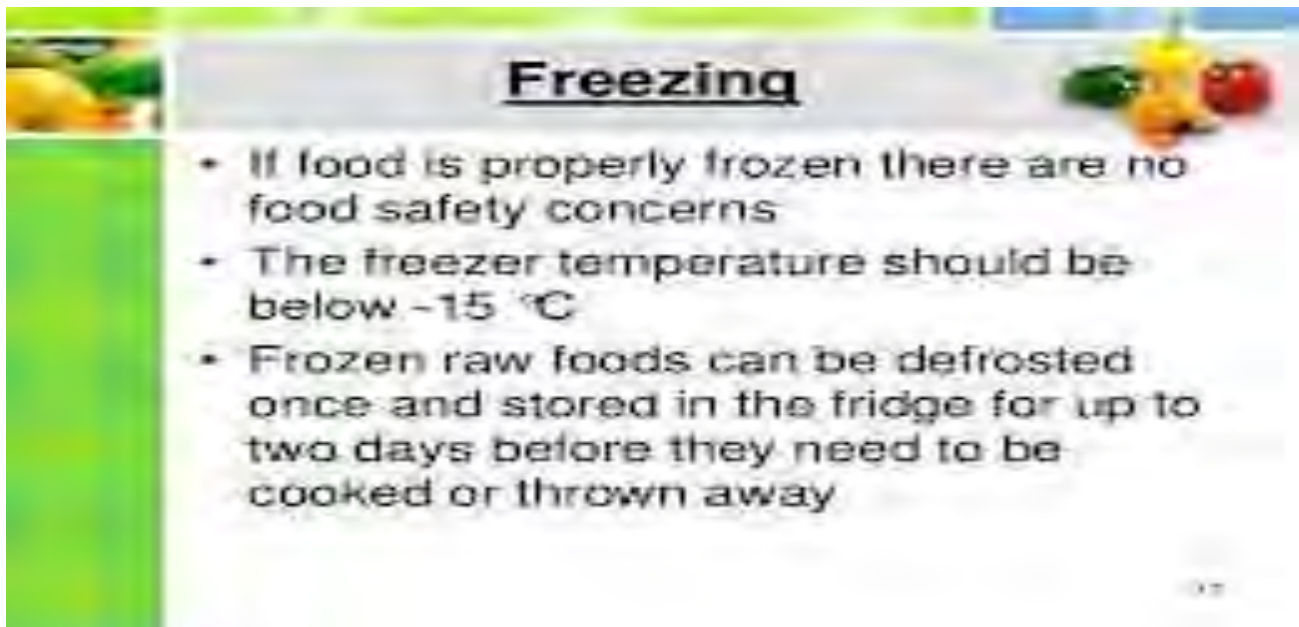
**DONT WEAR COTTON AND
SYNTHETIC CLOTHES
WHILE COOKING!**



St. Britto's Academy

Rebecca Angeline & Nimeesha.P

FREEZING PREPARED - FOOD



Freezing

- If food is properly frozen there are no food safety concerns
- The freezer temperature should be below -15°C
- Frozen raw foods can be defrosted once and stored in the fridge for up to two days before they need to be cooked or thrown away

Storage Chart

Type of Beef	Refrigerator (35F to 40F)	Freezer (0F or colder)
Steaks and Roasts	3 to 4 days	6 to 12 months
Ground Beef	1 to 2 days	3 to 4 months
Cooked Beef (leftovers)	3 to 4 days	2 to 3 months

IF YOU KEEP GOOD FOOD IN YOUR FRIDGE,
YOU WILL EAT GOOD FOOD

St. Britto's Mat. HSS

Lakshmi Priya.J & Abdul Kalam



SEASONAL FOOD SAFETY ADVICE

Seasonality of food refers to the times of year when a given type food is at its peak, Cook it with care, well done not rare



EAT WATERY FOOD STUFF IN SUMMER



Food quality not Food quantity



**When in doubt throw it out
DON'T CONSUME MORE MANGOES IN SUMMER**

ST. JOHN'S

Shivarama Krishnan & Shajith Hameed





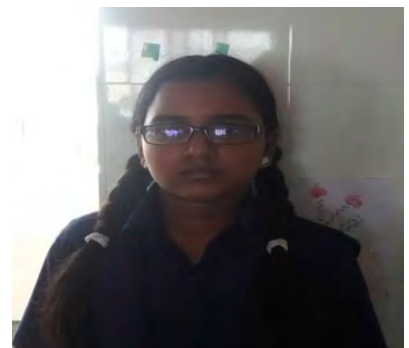
Avoid raw milk

Many people choose raw milk thinking it will improve their health, but it can cause serious illness in anyone. Outbreaks linked to raw milk have doubled in the past five years.

St. Britto's Academy

Raw Milk

Dhanistha





Don't drink raw milk , drink only pasteurized milk ...!

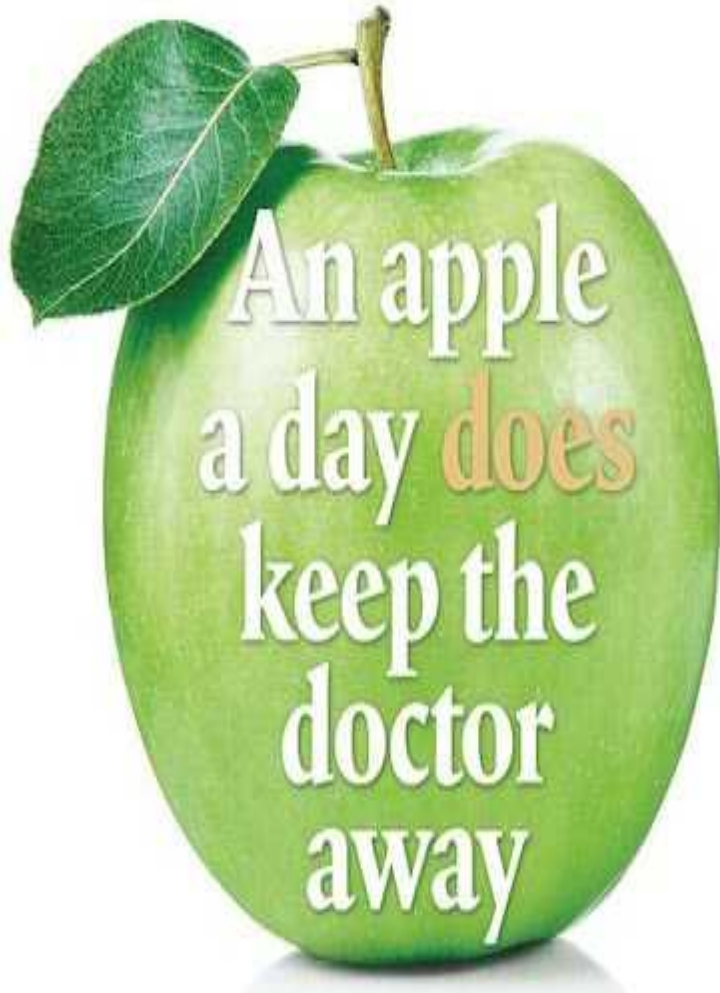
Pasteurization does not:

Change nutritional value.

Cause lactose intolerance.

Cause allergic reactions.

E – MAGAZINE



FOOD INGREDIENTS AND COLOURS

St. Britto's Academy

Food Ingredients and Colour

Shivani T.R





For centuries, ingredients have served useful functions in a variety of foods. Our ancestors used salt to preserve meats and fish, added herbs and spices to improve the flavor of foods, preserved fruit with sugar, and pickled cucumbers in a vinegar solution. Today, consumers demand and enjoy a food supply that is flavorful, nutritious, safe, convenient, colorful and affordable. Food additives and advances in technology help make that possible. There are thousands of ingredients used to make foods. All food additives are carefully regulated by federal authorities and various international organizations to ensure that foods are safe to eat and are accurately labeled.

Why Are Food and Color Ingredients Added to Food?

Additives perform a variety of useful functions in foods that consumers often take for granted. Some additives could be eliminated if we were willing to grow our own food, harvest and grind it, spend many hours cooking and canning, or accept increased risks of food spoilage. But most consumers today rely on the many technological, aesthetic and convenient benefits that additives provide.

Following are some reasons why ingredients are added to foods:

1) To Maintain or Improve Safety and Freshness: Preservatives slow product spoilage caused by mold, air, bacteria, fungi or yeast. In addition to maintaining the quality of the food, they help control contamination that can cause food borne illness, including life-threatening botulism. One group of preservatives — antioxidants — prevents fats and oils and the foods containing them from becoming rancid or developing an off-flavor. They also prevent cut fresh fruits such as apples from turning brown when exposed to air.

2) To Improve or Maintain Nutritional Value: Vitamins and minerals (and fiber) are added to many foods to make up for those lacking in a person's diet or lost in processing, or to enhance the nutritional quality of a food. Such fortification and enrichment has helped reduce malnutrition in the U.S. and worldwide. All products containing added nutrients must be ap-

3) Improve Taste, Texture and Appearance: Spices, natural and artificial flavors, and sweeteners are added to enhance the taste of food. Food colors maintain or improve appearance. Emulsifiers, stabilizers and thickeners give foods the texture and consistency consumers expect. Leavening agents allow baked goods to rise during baking. Some additives help control the acidity and alkalinity of foods, while other ingredients help maintain the taste and appeal of foods with reduced fat content.



Food colors perform a variety of functions in foods and beverages. Yet, despite their careful regulation by federal authorities and history of safe use, claims continue to be made linking food colors to hyperactivity in children. This document serves as a guide to common questions about food colors, including what they are, how and why they are used, and how they are regulated for safe use in the United States. It also reviews recent scientific research that has examined the potential relationship between food colors and hyperactivity.

What is a food color?

A food color, or color additive, is any dye, pigment or substance that imparts color when added or applied to a food, drug, cosmetic, or the human body. certified color additives and colors that are exempt from certification. Certified color additives are man-made and are widely used to provide an intense, uniform color. Certified color additives are less expensive than their alternatives, do not create an unpleasant flavor in food products, and blend easily to create a range of hues. There are currently nine certified color additives that are approved by the FDA for use in the U.S. Some examples of certified color additives are FD&C Blue Nos. 1 and 2; FD&C Red Nos. 3 and 40; and FD&C Yellow No. 5. Despite coming from natural sources, they are still artificial color additives and must comply with regulatory requirements. These colors are typically more expensive than certified color additives and may add undesirable flavors to foods.



Why are food colors added to foods?



Colors are added to foods for several purposes. One of the primary reasons is to make up for color losses in foods which occur when food is exposed to air, light, moisture, and variations in temperature. Additionally, food colors are used to even out natural variations in color that can occur in foods. Food colors can also enhance naturally occurring colors in foods. Lastly, color additives can be used to add color to foods that would

otherwise be colorless.

What foods most commonly contain food colors?

Food colors are contained in many processed foods, including snack foods, candies, margarine, soft drinks, cheese, jams and jellies, and desserts.

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Interschool Competitions

STD XI and XII



CYBER

SAFETY

STD IX to XII

CYBER SAFETY

AMM MHSS, - Digital Footprint

AMIRTHA VIDYALAYA—Online privacy

CRESENT MHSS, VANDALUR-Authentication

DAV, ADAMBAKKAM— Danger for women & kids

G K SHETTY, ADAMBAKKAM—Information overload

ST. BRITTO'S ACADEMY,VELACHERY—Phishing

ST. BRITTO'S MHSS. ADAMBAKKAM-Ransom ware

ST. ANNE'S PERUNGULATHUR—Responding to emails

ST. JOHN'S MEDAVAKKAM—Bonnet, Hacking

CONTRIBUTION BY OTHER STUDENTS OF HOST INSTITUTION

Game Safety ,Digital Footprint, Electronic Harassment

Online shopping, Gaming Addiction, Cyber Threats, Internet Safety, Buying Online.