

# Business Standard

## FSSAI to hold event on healthy eating habits

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The [Food](#) Safety and Standards Authority of [India](#) (FSSAI) will organise the first 'National Eat Right Mela' here from December 14-16, aimed at making people aware of safe and healthy eating habits, the [food](#) regulator said on Monday.

The three-day [mela](#) would provide a complete [food](#) experience for the entire family and an opportunity to know everything one needs to know about safe food and healthy diets, including quick tests for adulterants, [health](#) and nutrition benefits of different types of food, and dietary advice by experts, as per a statement.

It would allow citizens to engage in dialogues and conversations with [food visionaries](#) and experts including celebrity [chef Sanjeev Kapoor](#).

FSSAI [CEO Pawan Agarwal](#) said the [mela](#) would become an annual event and it would be replicated in at least 40 major cities.