

# FSSAI ASSISTANT

## EXAM STUDY MATERIAL 2021-CBT STAGE-1 (SAMPLE NOTES)

### Syllabus Covered:

#### **FSSAI - Role, Functions, Initiatives ( A General Understanding)**

Unit1: Genesis and Evolution of FSSAI

Unit2: Structure and Functions of Food Authority

Unit3: Overview of systems and processes in Standards, Enforcement, Laboratory ecosystem, Imports, Third Party Audit etc.

Unit4: Promoting safe and wholesome Food (Eat Right India, Food Fortification, snf, Clean Street Food Hub, RUCO and various other social and behavioural change initiatives)

Unit5: Training and capacity building

Unit6: Role of State Food Authorities

### FSM EDUCATION



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## **FSSAI - Role, Functions, Initiatives ( A General Understanding)**

### **Unit1: Genesis and Evolution of FSSAI**

#### **GENESIS OF THE FOOD SAFETY AND STANDARDS ACT 2006**

Prior to the enactment of Food Standards and Safety Act in 2006, there were a number of food related legislation administered by different Ministries of Government of India. No less than eight legislation prescribed the minimum regulatory standards for various type of food and food products prior to FSS Act. Over a period of time, this led to a state of multiplicity of food standards (often overlapping and sometimes contradictory to one another) and enforcement agencies. This created confusion among food businesses, consumers, traders, manufacturers and investors and hampered the growth of a modern food processing sector in the country as well as fixation of safety standards. Further the existing laws on food had failed to match the rapid evolution of food related technologies and advancements in the production, distribution & marketing of the food.

**The Second Schedule of the Act contains all the earlier food related legislations which are as follows.**

1. Prevention of Food Adulteration Act 1954 (Act No 37 of 1954)
2. Food Product's Order 1955
3. The Meat Food Product's Order 1973
4. The Vegetable Oil Products (Control) Order 1947
5. The edible oil's packaging (Regulation) Order 1998
6. The Solvent Extracted Oil, de-oiled meal, & edible flour (Control) Order 1967
7. Milk & Milk Product's Order 1992
8. Any Other Order issued under the essential commodities Act 1955 (10 of 1955) relating to food Under Section 99 of the Act, Milk & Milk Product's Order 1992 shall be deemed to be Regulation issued by the Authority under this Act.

#### **THE FOOD SAFETY AND STANDARDS REGULATIONS**

Section 92 (1) of Food Safety and Standards Act, 2006 empowers the Food Authority to make regulations/standards in consistent with this Act and Rules made there under. After the enactment of the FSS Act, 2006, FSSAI has drafted six principle regulations through extensive consultation and deliberations with various stakeholders. These regulations were notified in the gazette of India on 1st August, 2011 and came into force on 5th August, 2011.

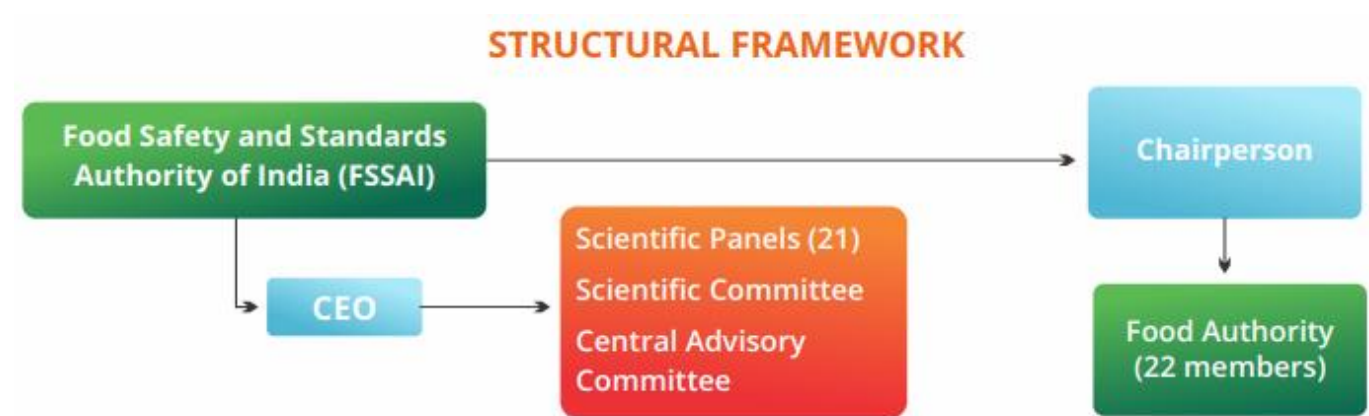
#### **Six principle regulations notified on 1st August, 2011**

1. Food Safety and Standards (Prohibition and Restriction of Sales) Regulation, 2011
2. Food Safety and Standards (Packaging and Labelling) Regulation, 2011
3. Food Safety and Standards (Contaminants, Toxins and Residues) Regulation, 2011
4. Food Safety and Standards (Laboratory and Sampling Analysis) Regulation, 2011
5. Food Safety and Standards (Food Products Standards and Food Additives) Regulation, 2011
6. Food Safety and Standards (Licensing and Registration of Food Businesses) Regulation, 2011

## ESTABLISHMENT OF FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA

The Executive Authority under the Act is assigned to the Ministry of Health & Family Welfare, Government of India (MOHFW). On 5th September, 2008, Government of India notified the establishment of Food Safety & Standard Authority of India (FSSAI or the Authority) under Section 4 of the Act which is the central authority for enforcement & implementation of the Act. As per the Act the head quarter for FSSAI shall be in Delhi and will establish its offices in other parts of India.

## Unit2: Structure and Functions of Food Authority



## FOOD AUTHORITY

Food Authority is the apex body under FSS Act and a single reference point related to food safety and standards in the country. It comprises of 22 members, of which atleast onethird are women representing various relevant Ministries and Departments such as Agriculture, Commerce, Consumer Affairs, Food Processing, Health, Legislative Affairs and other stakeholders representing farmers, scientists & technologists, small scale enterprises and consumer bodies. All members of the Food Authority are

appointed by the Central Government, except for seven ex-officio members from various Departments of the Central Government who are selected by the selection committee formed under Section 6 of FSS Act 2006.

### **SCIENTIFIC PANELS**

As per Section 13 of the FSS Act, FSSAI may establish as many scientific panels as deem necessary consisting of independent scientific experts/scientists. The FSSAI however must establish scientific panels on:

1. Food additives, flavourings, food additives, processing aids and materials in contact with food
2. Pesticides and antibiotics residues
3. Genetically modified organisms and foods
4. Functional foods, nutraceuticals, dietetic products and other similar products
5. Biological hazards
6. Contaminants in the food chain
7. Labelling
8. Methods of sampling and analysis

Till date 21 Scientific panels have been constituted under the Act.

### **CENTRAL ADVISORY COMMITTEE (CAC)**

The main purpose of CAC is to ensure close cooperation between the Authority and the enforcement agencies operating in the field of food and specifically looks after prioritization of work identifying potential risks, pooling of knowledge etc. The CAC consists of two members each representing from Food Industry, Agriculture, Consumers, relevant Research Bodies and Food Laboratories, Commissioners of Food Safety and the Chairperson of the Scientific Committee. The CEO of the Authority is the Ex- Officio Chairperson of the CAC.

### **RESPONSIBILITIES AS TO FOOD SAFETY**

The Food Authority shall also:

1. Provide scientific advice and technical support to the Central Government and the State Governments in matters of framing the policy and rules in areas which have a direct or indirect bearing on food safety and nutrition.
2. Promote, co-ordinate and issue guidelines for the development of risk assessment methodologies and monitor and conduct and forward messages on the health and nutritional risks of food to the Central Government, State Governments and Commissioners of Food Safety
3. Provide scientific and technical advice and assistance to the Central Government and the State Governments in implementation of crisis management procedures with regard to food safety and to draw up a general plan for crisis management and work in close co-operation with the crisis unit set up by the Central Government in this regard.

## **Unit3: Overview of systems and processes in Standards, Enforcement, Laboratory ecosystem, Imports, Third Party Audit etc.**

### **STANDARDIZATION (VERTICAL AND HORIZONTAL)**

FSSAI notified standards are mandatory standards and compulsorily to be followed by the food businesses, there are other organizations and agencies that frame food standards which are voluntary standards. However, some of these are considered as a basic requirement for the FBO to obtain FSSAI licenses which include the BIS certification for manufacturing of packaged drinking water and "AGMARK" label for sale of some agricultural products.

The Scientific Panels and Scientific Committee provide the scientific opinion and assist Food Authority in development of standards through a well-defined process. The Scientific Panels are constituted under Section 13 of the Food Safety & Standards Act, 2006. Formulation of standards of any article of food involves several stages. After recommendation by the Scientific Panel and validation by the Scientific Committee, a standard is approved by the Food Authority and by Ministry of Health and Family Welfare. Thereafter, a draft notification is issued for inviting public comments for a period of 60 days. The comments received are then considered by the relevant Scientific Panel and after approvals of the Scientific Committee, Food Authority and the Ministry, the standard is finally notified as either an amendment to an existing regulation or a new/revised regulation.

**Horizontal Standards** cut across various food categories and primarily relate to food safety covering limits for various contaminants (chemical and biological), toxins in food and also requirements for packaging, labelling and claims. These are covered under FSS (Contaminants, Toxins and Residues) Regulations, 2011, under Appendix B of FSS (Food Product Standards and Food Additives) Regulations, 2011 and FSS (Packaging and Labelling) Regulations, 2011.

### **ENFORCEMENT**

#### **OFFENCE**

Contravention of provisions of Food Safety and Standards Act 2006, Food Safety and Standards Rules, 2011 and its Regulations by any individual or companies is called an Offence. Under FSS Act 2006, the offences are defined under.

#### **Section 48 (General provisions relating to offences)**

A person may render any article of food injurious to health by means of one or more of the following operations, namely:

1. Adding any article or substance to the food e.g. an adulterant, contaminant, extraneous matter etc.
2. Using any article or substance as an ingredient in the preparation of the food. e.g. inferior quality of raw materials, or food additives which are not allowed in that food category as per FSS Rule, 2011.
3. Abstracting any constituents from the food. e.g. nutrient (fat) from milk, while on label displaying the quantity as per norms.
4. Subjecting the food to any other process or treatment, other than defined. e.g. heattreated honey as raw honey.

## **LABORATORY ECOSYSTEM**

### **INTRODUCTION**

Food Analysis is at the heart of safety and quality monitoring. Sampling and analysis of food may be conducted for various purposes, such as surveillance, data collection, monitoring for enforcement, quality control/process monitoring, research, public information / survey.

Different types of samples are collected and submitted to the laboratory for analysis. Some are sample units from lots or consignments of foods or ingredients. This chapter briefly describes some of the major factors that should be considered when collecting sample units, shipping them to a laboratory, preparing them for analysis, and analysing them. The broad objectives of testing articles of food / ingredients are:

**a) Protecting Public Health** - The most important objective of food testing is to protect public health. Detection of naturally occurring toxins, contaminants, use of unsuitable ingredients, addition of food-additives more than permitted level and failure of declaration of allergic ingredients will all contribute to this objective.

### **FOOD IMPORTS SYSTEM**

FSSAI has the mandate to regulate import of foods into the country and ensure that it is safe and wholesome for human consumption. As per Section 25 of the Food Safety & Standard Act, 2006, all imports of articles of food are subject to the provisions of the Act. It stipulates that no person shall import into India any article of food in contravention of the Act or any rules and regulations made thereunder. Exercising the power of the Act, the Central Government on the recommendation of the Food Authority has notified the Food Safety and Standards (Import) Regulation, 2017.

### **HOW TO OBTAIN IMPORT LICENSE**

For obtaining food import license, the applicant/ prospective Importer requires a valid Import Export Code (IE code) issued by Directorate General of Foreign Trade (DGFT).



As per Food Safety & Standards (Licensing and Registration of Food Business) Regulation, 2011, a license shall, subject to the provisions of these Regulations, be issued by the concerned Licensing Authority within a period of 60 days from the date of issue of an application ID number which is generated after successful

### **THIRD PARTY AUDIT**

To strengthen the food safety surveillance system, FSSAI has envisaged audits of Food Business Operators through Private Auditing Agencies. In order to cultivate and foster the growth of compliance culture, FSSAI is enabling compliance through private recognized Auditing Agencies.

The Food Safety Audits reduce the regulatory Food Safety Inspections conducted by Central or State Licensing Authorities. Satisfactory Audits will lead to less frequent regulatory inspections by Central or State Licensing Authority except the regulatory sampling. This will strengthen food safety surveillance system and encourage self-compliance while at the same time assuring safe food to the consumers.

## **Unit4: Promoting safe and wholesome Food (Eat Right India, Food Fortification, snf, Clean Street Food Hub, RUCO and various other social and behavioural change initiatives)**

### **EAT RIGHT INDIA MOVEMENT**

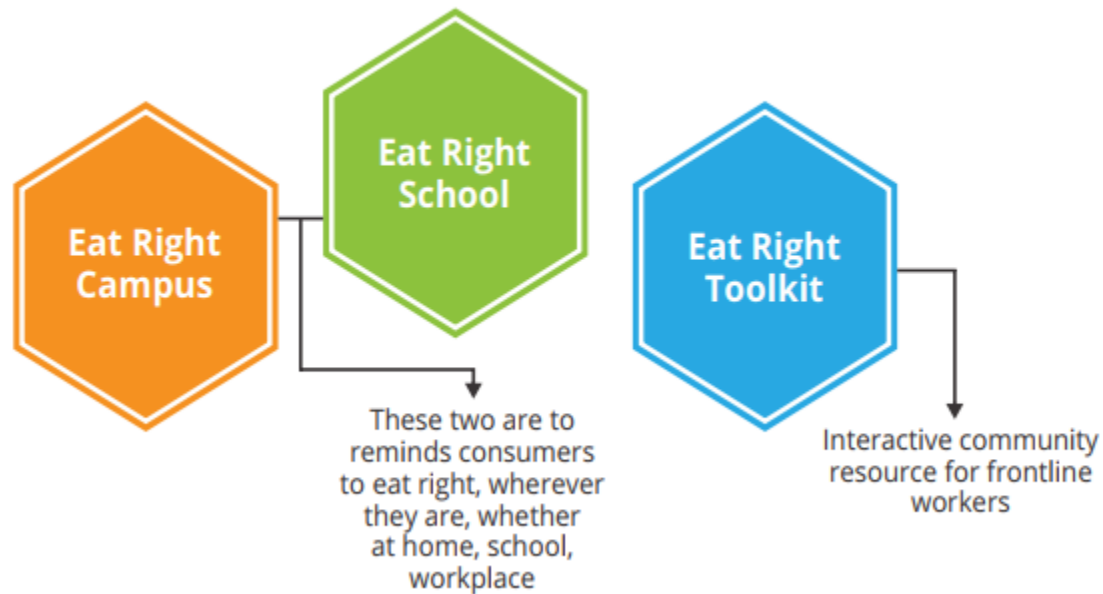
In the preamble to the Food Safety and Standards Act, 2006, FSSAI is expected to ensure availability of safe and wholesome food for the people in India. Inspired by the focus on preventive and promotive healthcare in the National Health Policy 2017 and flagship programmes like Ayushman Bharat, POSHAN Abhiyaan and Swachh Bharat Mission, FSSAI has embarked on a large-scale effort to transform the country's food system in order to provide people safe, healthy and sustainable food through the “Eat Right India” movement.

The Eat Right India Movement is based on three key themes/pillars - Eat Safe, Eat Healthy, and Eat Sustainably.

**Eat Safe** : Ensuring personal and surrounding hygiene, hygienic and sanitary practices through the food supply chain, combating adulteration, reducing toxins and contaminants in food and controlling food hazards in processing and manufacturing processes.

**Eat Healthy** : Promoting diet diversity and balanced diets, eliminating toxic industrial trans-fats from food, reducing consumption of salt, sugar and saturated fats and promoting large-scale fortification of staples to address micronutrient deficiencies.

## THREE PILLARS OF CONSUMER AWARENESS



### DETECT ADULTERANTS WITH RAPID TESTING (DART)

To tackle economically driven adulteration, a booklet titled “Detect Adulteration with Rapid Test (DART) has been co-created with domain experts. DART is a compilation of common quick tests that consumers can conduct themselves at home, for detection of common food adulterants. The booklet depicts differences between pure and adulterated food products through pictorial representations. It covers more than 50 quick tests that can be performed easily for detection of food adulterants with the help of water and simple solutions like tincture of iodine in various food products like Milk & Milk Products, Oils and Fats, Sugar & Confectionary, Food Grains and its products, Spices & Condiments, etc. These tests also include sensory evaluation of food for establishing authentication of food product.

## Unit5: Training and capacity building

### FOOD SAFETY TRAINING AND CERTIFICATION PROGRAMME OR 'FOSTAC'

Safety can be endangered at any point in the food value chain, from manufacture to storage to transport. FSSAI has specified procedures and practices to be followed by food businesses for actively controlling hazards throughout the food value chain. Every food business operator is required to have a documented FSMS plan and comply with good hygiene and manufacturing practices as laid down under Schedule 4 of FSS Regulation 2011.

**Objective :** To help FBOs understand and comply with Schedule 4 requirements, a “Food Safety Training and Certification” programme or 'FoSTaC' has been put in place, whereby Schedule 4 requirements have been simplified to deliver training.

## **Unit6: Role of State Food Authorities**

### **STATE FOOD AUTHORITY STRUCTURE AND FUNCTIONS**

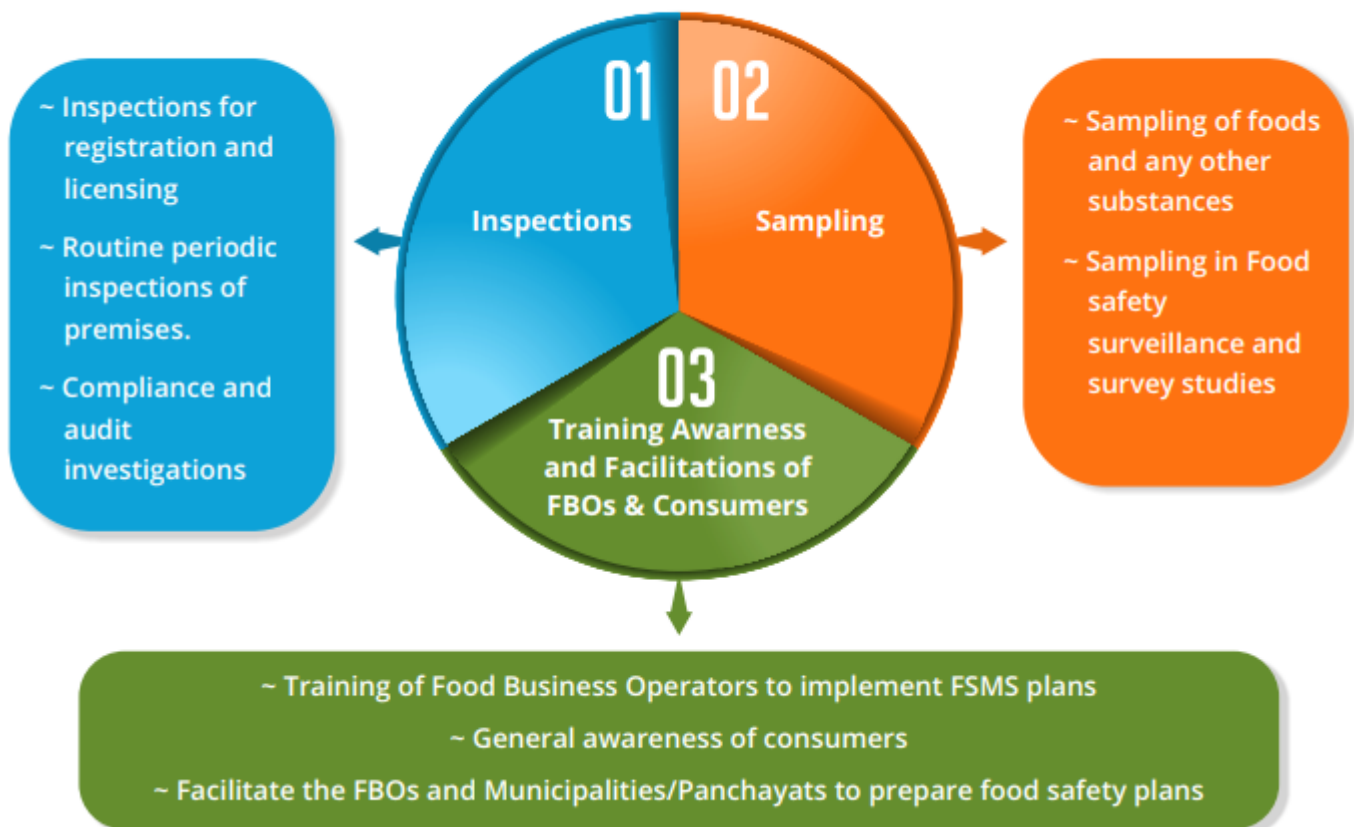
The enforcement of the Act in states is carried out through the State/UT Commissioner of Food Safety (CFS) and Designated Officer, Food Safety Officer, Food Analyst and Panchayat Raj/Municipal bodies.

#### **COMMISSIONER OF FOOD SAFETY**

As per Section 30 of FSS Act, the State Government appoints the Commissioner of Food Safety not below the rank of Commissioner & Secretary to the State Government for efficient implementation of Food Safety & Standards Act. The Chief Executive Officer of FSSAI under Section 10 of the Act shall exercise the powers of the Commissioner of Food Safety while dealing with matters relating to food safety of such articles. The powers and duties of the Commissioner of Food Safety are as follows:

1. Prohibit in public health interest, the manufacture, storage, distribution or sell of an article or food in the whole of the State for a maximum time of one year.
2. Carry out survey of the food industrial unit in the State for compliance to standards notified by the Food Authority for various articles of food.
3. Conduct or organize training program for the regulatory staff and generating awareness on food safety.
4. Ensure an efficient and uniform implementation of the standards and other requirements as specified and also ensure a high standard of objectivity, accountability, practicability, transparency and credibility.
5. Sanction prosecution for offences punishable with imprisonment and also perform
6. other function prescribed by the State Government in consultation with the Food Authority.

## Role and Responsibilities of Food Safety Officer



## Important Acronyms

AGMARK	Agricultural Produce Grading and Marking
AO	Adjudicating Officer
APEDA	Agricultural and Processed Food Products Export Development Authority
BIS	Bureau of Indian Standards
CAC	Central Advisory Committee
CEO	Chief Executive Officer
CFL	Central Food Laboratory
CFS	Commissioner Food Safety
CLA	Central Licensing Authority
DART	Detect Adulteration with Rapid Test
DO	Designated Officer
EOI	Expression of Interest
FA	Food Analyst
FBO	Food Business Operator
FDA	Food & Drug Administration
FFRC	Food Fortification Resource Centre
FICS	Food Import Clearance System
FLRS	Food Licensing Registration System
FoSCoRIS	Food Safety Compliance through Regular Inspections and Sampling
FoSTaC	Food Safety Training and Certification
FoSCoS	Food Safety Compliance System
FSS Act	Food Safety and Standard Act, 2006
FSSAI	Food Safety and Standards Authority of India
FSO	Food Safety Officer
FSKAN	Food Safety Knowledge and Assimilation Network
FSMS	Food Safety Management System
FSM	Food Safety Mitra
FSS	Food Safety Supervisor

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