

# FSSAI Study Notes PDF 2019

## Contents of this book (Functional Knowledge Test)

### Indian and International Food Laws (An Overview)

- Food Safety and Standards Act of India, 2006: Provision, definitions and different sections of the Act and implementation.
- FSS Rules and Regulations
- Overview of other relevant national bodies (e.g. APEDA, BIS EIC, MPEDA, Spice Board etc.)
- International Food Control Systems/Laws, Regulations and Standards/Guidelines with regard to Food Safety – (i) Overview of CODEX Alimentarius Commission (History, Members, Standard setting and Advisory mechanisms: JECFA, JEMRA JMPR): WTO agreements (SPS/TBT):
- Important national and international accreditation bodies

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

- Genesis and Evolution of FSSAI
- Structure and Functions of Food Authority
- Overview of systems and processes in Standards, Enforcement, Laboratory ecosystem, Imports, Third Party Audit etc.
- Promoting safe and wholesome Food (Eat Right India, Food Fortification, snf, Clean Street Food Hub, RUCO and various other social and behavioural change initiatives)
- Training and capacity building
- Role of State Food Authorities

## Subject Matter Knowledge

### Principles of Food Preservation, Processing and Packaging

- Food Processing Operations, Principles, Good Manufacturing Practices
- Overview of food preservation methods and their underlying principles including novel and emerging methods/principles
- Overview of food packaging methods and principles including novel packaging materials/techniques

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## Principles and Basics of Food Chemistry and their role in Human Nutrition

- Structure and functions of macro-and micro nutrients
- Role of macro and micronutrients in human nutrition
- Overview of food additives with respect to their technological functions
- Overview of anti-nutritional factors and their removal from foods
- Overview of enzymes as food processing aids
- Overview of nutraceuticals and functions foods
- Overview of food contaminants and adulterants and their effects on human health
- Food allergens and allergency
- Importance of diet in alleviating health risks, especially non-communicable diseases

## Food Microbiology & General principles of Food Hygiene

- General principles of food microbiology and overview of food borne pathogens
- Overview of sources of microorganisms in food chain (raw materials, water, air, equipment etc.) and microbiological quality of foods
- Microbial food spoilage and Food borne diseases
- General principles and techniques in microbiological examination of foods
- Overview of beneficial microorganisms and their role in food processing and human nutrition
- General principles of food safety management systems including traceability and recall – sanitation, HACCP, Good production and processing practices (GMP, GAP, GHP, GLP, BAP, etc)

## General concepts of Food Analysis and Testing

- Fundamentals of field level and laboratory sampling with reference to importance of statistical tools.
- Overview of basic/classical methods of food analysis
- Overview of modern analytical techniques including mass spectrometry and molecular techniques.
- Principles of Quality assurance and Quality control with reference to food analysis and testing.

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## What is FSSAI?

Food Safety and Standards Authority of India (FSSAI) is an autonomous body established under the Ministry of Health & Family Welfare, Government of India.

The FSSAI has been established under the Food Safety and Standards Act, 2006.

The authority also has 8 regional offices located in Delhi, Guwahati, Mumbai, Kolkata, Cochin, Lucknow, Chandigarh and Chennai. It has 19 referral laboratories notified by FSSAI, 88 State/UT laboratories located throughout India and 172 laboratories are NABL accredited private laboratories notified by FSSAI.

FSSAI Abbreviation- **Food Safety and Standards Authority of India**

FSSAI Headquarter- **New Delhi**

FSSAI Chairperson- **Rita Teotia**

FSSAI Chief Executive Officer (CEO)- **Pawan Kumar Agarwal**

Formation Date of FSSAI- **August 2011**

FSSAI Laboratories- **172 FSSAI Notified Laboratories, 19 Referral Laboratories, 88 State Laboratories**

FSSAI published four books- **The Yellow Book, The Orange Book, The Purple Book, The Pink Book (Each Book is available free of cost in FSSAI official Website).**

The Yellow book is aimed at inculcating wholesome food habits at a young age, as habits formed in our early years stay with us for life.

The Orange Book serves a guide for general practices recommended for ensuring safe and nutritious food at the workplace.

The Purple Book contains food standards and practices to be followed by restaurants.

The Pink Book has practical tips and information about food safety and nutrition that Indian households need on a daily basis.

## 15 Key Areas for Transforming the Food Safety and Nutrition Landscape in India

1. Governance and Administration

2. Food Standards

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3. Registration, Licensing and Compliance
4. Build Institutional Capacity in States/UTs for Food Safety
5. Food Imports
6. Food Testing
7. Safe Food Practices
8. Food Safety Training
9. Social and Behavioral Change
10. Consumer Connect
11. Promote Healthy Diets
12. Prevent and Manage Food Waste and Food Loss
13. Promote Hygienic Street Food and Local Food Culture
14. Leveraging Technology
15. Global Outreach

The FSSAI has been established under the Food Safety and Standards Act, 2006.

## Highlights of the Food Safety and Standard Act, 2006

The safety of food is vital to all consumers and food businesses.

- Consumers must have confidence that the food they buy and eat will be what they expect,
- Food will do them no harm and that they are protected from adulteration/fraud. The importance of this confidence cannot be underestimated for businesses.
- Although food safety legislation affects everyone in the country, it is particularly relevant to anyone working in the production, processing, storage, distribution and

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sale of food, no matter how large or small the business. This includes non-profit making organisations also.

## Requirement of regulations in Food Supply Chain

The Food Safety & Standards Act 2006 is Act to consolidate the laws relating to food and to establish the Food Safety and Standards Authority of India for laying down science based standards for articles of food and to regulate their manufacture, storage distribution, sale and import, to ensure availability of safe and wholesome food for human consumption and for matters connected therewith or incidental thereto.

## Salient Features of the Act:

- ✚ Movement from multi-level and multi-department control to a single line of command
- ✚ FSSAI as a single reference point for all matters relating to Food Safety and Standards, Regulations and Enforcement
- ✚ Integrated response to strategic issues like Novel foods, Health Foods, Nutraceuticals, GM foods, international trade etc.
- ✚ Decentralisation of licensing for manufacture of food products
- ✚ Achieve high degree of consumer confidence in quality & safety of food
- ✚ Investors friendly regulatory mechanism with emphasis on self regulations and capacity building
- ✚ Enforcement of the legislation by the State Governments/UTs through the State Commissioner for Food Safety, his officers and Panchayati Raj/Municipal bodies
- ✚ Emphasis on gradual shift from regulatory regime to self compliance through food safety management system.
- ✚ Consistency between domestic and international food policy measures without reducing safeguards to public health and consumer protection
- ✚ Adequate information dissemination on food to enable consumer to make informed choices.
- ✚ Compounding and Adjudication of cases – to reduce Court's workload and expedite the disposal of cases
- ✚ Graded penalty depending upon the gravity of offences.

## New provisions under the act

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- ✦ Regulation of food imported in the country
- ✦ Provision for food recall
- ✦ Surveillance
- ✦ New enforcement structure
- ✦ Envisages large network of food labs
- ✦ New justice dispensation system for fast track disposal of cases
- ✦ Harmonisation of domestic standards with international food standards
- ✦ Covering Health Foods, supplements, nutraceuticals
- ✦ Issuing Licenses within a time frame of 2 months
- ✦ Provision of Improvement Notice by Designated Officers
- ✦ Compensation to Victims (for any case of Injury/ Grievous injury/ Death)
- ✦ Reward to informer (informing about the violators – adulteration etc.) by State Govt.
- ✦ No License for small food business operators; only registration is mandatory
- ✦ Central licensing from Authority.

**This is a sample copy. To read full version, purchase from our website.**

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