



Food Laws & FSSAI Master Kit

PART 1

Food Safety and Standards Act, 2006

**Complete FSS Act 2006 –
Explained Section-by-Section
in Simple Language**



Kalpana Yadav

Former Government Food Safety Officer & FSO Mentor



EXAM FOCUSED



CONCEPT CLARITY



TRUSTED CONTENT



RESULT ORIENTED

Preface

Dear Aspirant,

Hi, I'm Kalpana Yadav, a former Government Food Safety Officer with 6+ years of field experience, and a mentor who has been guiding FSO aspirants for the past 5 years.

I understand how overwhelming Food Safety Officer preparation can be. Aspirants often spend countless hours searching through multiple Pdfs, websites, notifications, manuals and scattered study materials just to cover a single topic.

This Food Laws & FSSAI Master Kit has been created to make this journey simpler.

Every page has been carefully prepared to help you **save time, understand concepts more easily, and revise efficiently**. Instead of struggling with lengthy legal language and scattered resources, you'll have a structured, exam-oriented study companion designed specifically for **Central and State Food Safety Officer examinations**.

I sincerely hope this Master Kit saves your valuable time, strengthens your understanding, and becomes a reliable companion in your preparation.

A detailed overview of everything included in this kit is provided on the next page.

Wishing you success in your Food Safety Officer journey!



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Syllabus Coverage

Based on the Official Central Food Safety Officer (CFSO) Syllabus

This **Food Laws & FSSAI Master Kit** covers the **Functional Knowledge** section of the official Central Food Safety Officer (CFSO) syllabus.

Unit 1: Indian & International Food Laws

- Food Safety and Standards Act, 2006
- FSS Rules & Regulations
- APEDA, BIS, EIC, MPEDA, Spice Board, etc.
- Codex Alimentarius Commission
- WTO (SPS & TBT Agreements)
- National & International Accreditation Bodies

Unit 2: FSSAI – Roles, Functions & Initiatives

- Genesis & Evolution of FSSAI
- Structure & Functions of the Food Authority
- Standards, Enforcement & Laboratory Ecosystem
- Eat Right India, Food Fortification, RUCO & other FSSAI initiatives
- Train and Capacity Building
- Role of State Food Authorities

Note: -

The topics covered in this Master Kit form an important part of the **official Central Food Safety Officer (CFSO) syllabus** and are also **relevant for the Food Laws and FSSAI portions of various State Food Safety Officer examinations**. Aspirants are advised to refer to the latest official notification issued by their respective recruiting authority for the detailed syllabus.

About This Food Laws & FSSAI Master Kit

This Master Kit has been designed to be the study resource I wish I had during my own preparation—**organized, concise, and focused on what truly matters for the examination.**

This Master Kit includes:

■ **Part 1 – Food Safety & Standards Act, 2006 (Simplified) (updated with the latest amendments, including Jan Vishwas Act, 2023):** The complete Act explained section-wise in simple language.

■ **Part 2 – Structured Notes (Unit 1):** Indian & International Food Laws, prepared as per the official CFSO syllabus, with quick revision one-liners.

■ **Part 3 – Structured Notes (Unit 2):** FSSAI: Roles, Functions & Initiatives, prepared as per the official CFSO syllabus, with quick revision one-liners.

■ **Part 4 – Practice MCQs:** Exam-oriented MCQs compiled from previous Food Safety Officer examinations.

■ **Part 5 – Important FAQs from FSS Regulations:** High-yield provisions from FSS Regulations presented in a simple Question & Answer format for quick understanding and revision.

Every effort has been made to ensure the accuracy of the content. However, if you come across any error or have any suggestion for improvement, please write to **kalpanafoodsafety@gmail.com**. Your valuable feedback will be sincerely appreciated and will help improve future updates of this Master Kit.



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MINISTRY OF LAW AND JUSTICE
(Legislative Department)

New Delhi, the 24th August, 2006/Bhadra2, 1928(Saka)

The following Act of Parliament received the assent of the President on 23rd August, 2006, and is hereby published for general information: -

FOOD SAFETY AND STANDARDS ACT, 2006

No. 34 OF 2006

[23rd August, 2006]

An 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.

BE it enacted by Parliament in the Fifty-seventh Year of the Republic of India as follows: -

**CHAPTER I
PRELIMINARY**

1. Short title, extent and commencement

- (1) This Act may be called the **Food Safety and Standards Act, 2006**.
- (2) It extends to the whole of India.
- (3) It shall come into force on such date as the Central Government may, by notification in the Official Gazette, appoint, and different dates may be appointed for different provisions of this Act and any reference in any such provision to the commencement of this Act shall be construed as a reference to the coming into force of that provision.

2. Declaration as to expediency of control by the Union.

It is hereby declared that it is expedient in the public interest that the Union should take under its control the food industry.

3. Definitions.

(1) In this Act, unless the context otherwise requires, –

- (a) “**adulterant**” means any material which is or could be employed for making the food unsafe or sub-standard or mis-branded or containing extraneous matter;

- (b) “**advertisement**” means any audio or visual publicity, representation or pronouncement made by means of any light, sound, smoke, gas, print, electronic media, internet or website and includes through any notice, circular, label, wrapper, invoice or other documents;
- (c) “**Chairperson**” means the Chairperson of the Food Authority;
- (d) “**claim**” means any representation which states, suggests, or implies that a food has particular qualities relating to its origin, nutritional properties, nature, processing, composition or otherwise;
- (e) “**Commissioner of Food Safety**” means the Commissioner of Food Safety appointed under section 30;
- (f) “**consumer**” means persons and families purchasing and receiving food in order to meet their personal needs;
- (g) “**contaminant**” means any substance, whether or not added to food, but which is present in such food as a result of the production (including operations carried out in crop husbandry, animal husbandry or veterinary medicine), manufacture, processing, preparation, treatment, packing, packaging, transport or holding of such food or as a result of environmental contamination and does not include insect fragments, rodent hairs and other extraneous matter;
- (h) “**Designated Officer**” means the officer appointed under section 36;
- (i) “**Extraneous matter**” means any matter contained in an article of food which may be carried from the raw materials, packaging materials or process systems used for its manufacture or which is added to it, but such matter does not render such article of food unsafe;
- (j) “**Food**” means any substance, whether processed, partially processed or unprocessed, which is intended for human consumption and includes primary food to the extent defined in clause (zk), genetically modified or engineered food or food containing such ingredients, infant food, packaged drinking water, alcoholic drink, chewing gum, and any substance, including water used into the food during its manufacture, preparation or treatment but does not include any animal feed, live animals unless they are prepared or processed for placing on the market for human consumption, plants, prior to harvesting, drugs and medicinal products, cosmetics, narcotic or psychotropic substances :

Provided that the Central Government may declare, by notification in the Official Gazette, any other article as food for the purposes of this Act having regards to its use, nature, substance or quality;
- (k) “**Food Additive**” means any substance not normally consumed as a food by itself or used as a typical ingredient of the food, whether or not it has nutritive value, the intentional addition of which to food for a technological (including



organoleptic) purpose in the manufacture, processing, preparation, treatment, packing, packaging, transport or holding of such food results, or may be reasonably expected to result (directly or indirectly), in it or its by-products becoming a component of or otherwise affecting the characteristics of such food but does not include “contaminants” or substances added to food for maintaining or improving nutritional qualities;

- (l) **“Food Analyst”** means an analyst appointed under section 45;
- (m) **“Food Authority”** means the Food Safety and Standards Authority of India established under section 4;
- (n) **“Food business”** means any undertaking, whether for profit or not and whether public or private, carrying out any of the activities related to any stage of manufacture, processing, packaging, storage, transportation, distribution of food, import and includes food services, catering services, sale of food or food ingredients;
- (o) **“Food business operator”** in relation to food business means a person by whom the business is carried on or owned and is responsible for ensuring the compliance of this Act, rules and regulations made thereunder;
- (p) **“Food laboratory”** means any food laboratory or institute established by the Central or a State Government or any other agency and accredited by National Accreditation Board for Testing and Calibration Laboratories or an equivalent accreditation agency and recognized by the Food Authority under section 43;
- (q) **“Food safety”** means assurance that food is acceptable for human consumption according to its intended use;
- (r) **“Food safety audit”** means a systematic and functionally independent examination of food safety measures adopted by manufacturing units to determine whether such measures and related results meet with objectives of food safety and the claims made in that behalf;
- (s) **“Food Safety Management System”** means the adoption Good Manufacturing Practices, Good Hygienic Practices, Hazard Analysis and Critical Control Point and such other practices as may be specified by regulation, for the food business;
- (t) **“Food Safety Officer”** means an officer appointed under section 37;
- (u) **“hazard”** means a biological, chemical or physical agent in, or condition of, food with the potential to cause an adverse health effect;
- (v) **“import”** means bringing into India any article of food by land, sea or air;
- (w) **“Improvement notice”** means a notice issued under section 32 of this Act;



- (x) “**Infant food**” and “**infant milk substitute**” shall have the meanings assigned to them in clauses (f) and (g) of subsection (l) of section 2 of the Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992(41 of 1992), respectively;
- (y) “**ingredient**” means any substance, including a food additive used in the manufacture or preparation of food and present in the final product, possibly in a modified form;
- (z) “**label**” means any tag, brand, mark, pictorial or other descriptive matter, written, printed, stenciled, marked, embossed, graphic, perforated, stamped or impressed on or attached to container, cover, lid or crown of any food package and includes a product insert;
- (za) “**license**” means a license granted under section 31;
- (zb) “**Local area**” means any area, whether urban or rural, notified by the Commissioner of Food Safety, to be a local area for the purposes of this Act;
- (zc) “**manufacture**” means a process or adoption or any treatment for conversion of ingredients into an article of food, which includes any sub-process, incidental or ancillary to the manufacture of an article of food;
- (zd) “**manufacturer**” means a person engaged in the business of manufacturing any article of food for sale and includes any person who obtains such article from another person and packs and labels it for sale or only labels it for such purposes;
- (ze) “**Member**” means Member of the Food Authority and includes the Chairperson;
- (zf) “**Misbranded food**” means an article of food –
 - (A) if it is purported, or is represented to be, or is being –
 - (i) offered or promoted for sale with false, misleading or deceptive claims either;
 - (a) upon the label of the package, or
 - (b) through advertisement, or
 - (ii) sold by a name which belongs to another article of food; or
 - (iii) offered or promoted for sale under the name of a fictitious individual or company as the manufacturer or producer of the article as borne on the package or containing the article or the label on such package; or
 - (B) if the article is sold in packages which have been sealed or prepared by or at the instance of the manufacturer or producer bearing his name and address but –
 - (i) the article is an imitation of, or is a substitute for, or resembles in a manner likely to deceive, another article of food under the name of

which it is sold, and is not plainly and conspicuously labelled so as to indicate its true character; or

- (ii) the package containing the article or the label on the package bears any statement, design or device regarding the ingredients or the substances contained therein, which is false or misleading in any material particular, or if the package is otherwise deceptive with respect to its contents; or
- (iii) the article is offered for sale as the product of any place or country which is false; or

(C) if the article contained in the package –

- (i) contains any artificial flavoring, coloring or chemical preservative and the package is without a declaratory label stating that fact or is not labelled in accordance with the requirements of this Act or regulations made thereunder or is in contravention thereof; or
- (ii) is offered for sale for special dietary uses, unless its label bears such information as may be specified by regulation, concerning its vitamins, minerals or other dietary properties in order sufficiently to inform its purchaser as to its value for such use; or
- (iii) is not conspicuously or correctly stated on the outside thereof within the limits of variability laid down under this Act.

(zg) “**notification**” means a notification published in the Official Gazette;

(zh) “**package**” means a pre-packed box, bottle, casket, tin, barrel, case, pouch, receptacle, sack, bag, wrapper or such other things in which an article of food is packed;

(zi) “**premises**” include any shop, stall, hotel, restaurant, airline services and food canteens, place or vehicle or vessel where any article of food is sold or manufactured or stored for sale;

(zj) “**prescribed**” means prescribed by rules made by the Central Government or the State Government, as the case may be under this Act;

(zk) “**Primary food**” means an article of food, being a produce of agriculture or horticulture or animal husbandry and dairying or aquaculture in its natural form, resulting from the growing, raising, cultivation, picking, harvesting, collection or catching in the hands of a person other than a farmer or fisherman;

(zl) “**Prohibition order**” means an order issued under section 33 of this Act;

(zm) “**risk**”, in relation to any article of food, means the probability of an adverse effect on the health of consumers of such food and the severity of that effect, consequential to a food hazard;

- (zn) “**Risk analysis**”, in relation to any article of food, means a process consisting of three components, i.e. risk assessment, risk management and risk communication;
- (zo) “**Risk assessment**” means a scientifically based process consisting of the following steps: (i) hazard identification, (ii) hazard characterization; (iii) exposure assessment, and (iv) risk characterization;
- (zp) “**Risk communication**” means the interactive exchange of information and opinions throughout the risk analysis process concerning risks, risk-related factors and risk perceptions, among risk assessors, risk managers, consumers, industry, the academic community and other interested parties, including the explanation of risk assessment findings and the basis of risk management decisions;
- (zq) “**Risk management**” means the process, distinct from risk assessment, of evaluating policy alternatives, in consultation with all interested parties considering risk assessment and other factors relevant for the protection of health of consumers and for the promotion of fair-trade practices, and, if needed, selecting appropriate prevention and control options;
- (zr) “**sale**” with its grammatical variations and cognate expressions, means the sale of any article of food, whether for cash or on credit or by way of exchange and whether by wholesale or retail, for human consumption or use, or for analysis, and includes an agreement for sale, an offer for sale, the exposing for sale or having in possession for sale of any such article, and includes also an attempt to sell any such article;
- (zs) “**sample**” means a sample of any article of food taken under the provisions of this Act or any rules and regulations made thereunder;
- (zt) “**Specified by regulations**” means specified by regulations made by the Food Authority;
- (zu) “**standard**”, in relation to any article of food, means the standards notified by the Food Authority;
- (zv) “**State Government**” in relation to a Union territory means the Administrator of that Union territory appointed by the President under article 239 of the Constitution;
- (zw) “**substance**” includes any natural or artificial substance or other matter, whether it is in a solid state or in liquid form or in the form of gas or vapor;
- (zx) “**Sub-standard**” an article of food shall be deemed to be sub-standard if it does not meet the specified standards but not so as to render the article of food unsafe;

(zy) “**Tribunal**” means the Food Safety Appellate Tribunal established under section 70;

(zz) “**Unsafe food**” means an article of food whose nature, substance or quality is so affected as to render it injurious to health: -

- (i) by the article itself, or its package thereof, which is composed, whether wholly or in part, of poisonous or deleterious substance; or
- (ii) by the article consisting, wholly or in part, of any filthy, putrid, rotten, decomposed or diseased animal substance or vegetable substance; or
- (iii) by virtue of its unhygienic processing or the presence in that article of any harmful substance; or
- (iv) by the substitution of any inferior or cheaper substance whether wholly or in part; or
- (v) by addition of a substance directly or as an ingredient which is not permitted; or
- (vi) by the abstraction, wholly or in part, of any of its constituents; or
- (vii) by the article being so colored, flavored or coated, powdered or polished, as to damage or conceal the article or to make it appear better or of greater value than it really is; or
- (viii) by the presence of any coloring matter or preservatives other than that specified in respect thereof; or
- (ix) by the article having been infected or infested with worms, weevils, or insects; or
- (x) by virtue of its being prepared, packed or kept under insanitary conditions; or
- (xi) by virtue of its being mis-branded or sub-standard or food containing extraneous matter; or
- (xii) by virtue of containing pesticides and other contaminants in excess of quantities specified by regulations.

(2) Any reference in this Act to a law which is not in force in the State of Jammu and Kashmir shall, in relation to that State, be construed as a reference to the corresponding Law, if any, in force in that State.

CHAPTER II

FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA

4. Establishment of Food Safety and Standards Authority of India.

(1) The Central Government shall, by notification, establish a body to be known as the Food Safety and Standards Authority of India to exercise the powers conferred on, and to perform the functions assigned to, it under this Act.

- (2) The Food Authority shall be a body corporate by the name aforesaid, having perpetual succession and a seal with power to acquire, hold and dispose of property, both movable and immovable, and to contract and shall, by the said name, sue or be sued.
- (3) The head office of the Food Authority shall be at **Delhi**.
- (4) The Food Authority may establish its offices at any other place in India.

Short Note

This section exists to create a permanent, independent central organization (FSSAI) that acts as the primary guardian of food safety in India. In practice, it gives the Authority a "legal personality," allowing it to function like a permanent institution that can own land, sign agreements, and handle legal matters independently of individual members.

5. Composition of Food Authority and qualifications for appointment of its chairperson and other Members

- (1) The Food Authority shall consist of a **Chairperson** and the following **twenty-two** members out of which **one-third** shall be women, namely: -
 - (a) **seven** Members, **not below the rank of a Joint Secretary** to the Government of India, to be appointed by the Central Government, to respectively represent the Ministries or Departments of the Central Government dealing with -
 - (i) Agriculture,
 - (ii) Commerce,
 - (iii) Consumer Affairs,
 - (iv) Food Processing,
 - (v) Health,
 - (vi) Legislative Affairs,
 - (vii) Small Scale Industrieswho shall be Members ex officio;
 - (b) **two** representatives from **food industry** of which one shall be from small scale industries;
 - (c) **two** representatives from **consumer** organizations;
 - (d) **three** eminent **food technologists** or scientists;
 - (e) **five** members to be appointed by rotation every three years, one each in seriatim from the **Zones** as specified in the First Schedule to represent the States and the Union territories;
 - (f) **two** persons to represent **farmers'** organizations;
 - (g) **one** person to represent **retailers'** organizations.

- (2) The Chairperson and other Members of the Food Authority shall be appointed in such a manner so as to secure the highest standards of competence, broad range of relevant expertise, and shall represent, the broadest possible geographic distribution within the country.
- (3) **The Chairperson** shall be appointed by the Central Government from amongst the persons of eminence in the field of food science or from amongst the persons from the administration who have been associated with the subject and is either holding or has held the position of **not below the rank of Secretary to the Government of India**.
- (4) The Chairperson and the Members other than ex officio Members of the Food Authority shall be appointed by the Central Government on the recommendations of the Selection Committee.
- (5) The Chairperson or Members other than ex-officio Members of the Food Authority shall not hold any other office.

Short Note

This section ensures that the Food Authority is not just a government body but a diverse group of experts and stakeholders. By including scientists, farmers, industry leaders, and consumer advocates, the Act ensures that food standards are balanced and fair. The requirement for one-third women members ensures gender representation in high-level decision-making.

6. Selection Committee for selection of Chairperson and Members of Food Authority

- (1) The Central Government shall, for the purpose of selection of the Chairperson and the Members other than ex officio Members of the Food Authority, constitute a Selection Committee consisting of –
 - (a) Cabinet Secretary – Chairperson,
 - (b) Secretary-in-charge of the Ministry or the Department responsible for administration of this Act as the convener– Member,
 - (c) Secretary-in-charge of the Ministries or the Departments of the Central Government dealing with Health, Legislative and Personnel– Members,
 - (d) Chairman of the Public Enterprises Selection Board –Member,
 - (e) An eminent food technologist to be nominated by the Central Government – Member.

Explanation– For the purposes of clause (e), the Central Government shall nominate a person from amongst persons holding the post of Director or the Head, by whatever name called, of any national research or technical institution.

- (2) The Central Government shall, within **two months** from the date of occurrence of any vacancy by reason of **death, resignation, or removal** of the Chairperson or a Member of the Food Authority and **three months** before the **superannuation** or completion of the term of office of the Chairperson or any Member of that Authority, make a reference to the Selection Committee for filling up of the vacancy.
- (3) The Selection Committee shall **finalize the selection** of the Chairperson and Members of the Food Authority **within two months** from the date on which the reference is made to it.
- (4) The Selection Committee shall recommend a panel of two names for every vacancy referred to it.
- (5) Before recommending any person for appointment as a Chairperson or other Member of the Food Authority, the Selection Committee shall satisfy itself that such person does not have any financial or other interest, which is likely to affect prejudicially his functions as a Member.
- (6) No appointment of the Chairperson or other Member of the Food Authority shall be invalid merely by reason of any vacancy in the Selection Committee.

Short Note

This section exists to keep the appointment process transparent and free from bias. It uses a "high-powered" committee to vet candidates, ensuring that only people with high integrity and the right skills are chosen. The check for "financial interests" is crucial to prevent any person from using their position to unfairly help a specific business.

7. Term of Office, salary, allowances and other conditions of service of Chairperson and Members of Food Authority

- (1) The Chairperson and the members other than ex officio Members shall **hold office** for a term of **three years** from the date on which they enter upon their offices, and shall be eligible for re-appointment for a further period of three years:

Provided that the Chairperson shall not hold office as such after he has attained the age of sixty-five years.

- (a) in the case of the **Chairperson**, the age of **sixty-five years**, and
- (b) in the case of a **member**, the age of **sixty-two years**.

- (2) The salary and allowances payable to, and the other terms and conditions of service of the Chairperson and Members other than ex-officio Members shall be such as may be prescribed by the Central Government.

- (3) The Chairperson and every Member shall, before entering upon his office, make and subscribe to an oath of office and of secrecy in such form and in such manner and before such authority as may be prescribed by the Central Government.
- (4) Notwithstanding anything contained in sub-section the Chairperson or any Member may –
 - (a) relinquish his office by giving in writing to the Central Government a notice of **not less than three months**; or
 - (b) be removed from his office in accordance with the provisions of section 8.
- (5) The Chairperson or any Member ceasing to hold office as such shall not represent any person before the Food Authority or any State Authority in any manner.

Short Note

This section provides a clear structure for how long someone can stay in power and at what age they must retire. The "oath of secrecy" ensures they protect sensitive information. The rule about not representing clients after retirement is a "cooling-off" period designed to prevent former members from using their old connections to influence the Authority's decisions

8. Removal of Chairperson and Members of Food Authority

- (1) Notwithstanding anything contained in sub-section (1) of section 7, the Central Government may, by order, remove from office the Chairperson or any other Member, if the Chairperson or as the case may be, such other Member, -
 - (a) has been adjudged an insolvent; or
 - (b) has been convicted of an offence which, in the opinion of the Central Government, involves moral turpitude; or
 - (c) has become physically or mentally incapable of acting as a member; or
 - (d) has acquired such financial or other interests as is likely to affect prejudicially his functions as a member; or
 - (e) has so abused his position as to render his continuance in office prejudicial to the public interest.
- (2) No Member shall be removed under clauses (d) and (e) of sub-section (1) unless he has been given a reasonable opportunity of being heard in the matter.

Short Note

This section acts as a safety valve to protect the integrity of the Food Authority. It allows the government to dismiss anyone who is no longer fit for the job or who behaves unethically. By requiring a "hearing" before removal for certain reasons, the Act ensures the process remains fair and not arbitrary.

9. Officers and other employees of Food Authority

- (1) There shall be a **Chief Executive Officer** of the Food Authority, **not below the rank of Additional Secretary to the Government of India**, who shall be the Member-Secretary of the Authority, to be appointed by the Central Government.
- (2) The Food Authority may, with the approval of the Central Government, determine the number, nature and categories of other officers and employees required to the Food Authority in the discharge of its functions.
- (3) The salaries and allowances payable to and other conditions of service of, the Chief Executive Officer, officers, and other employees shall be such as may be specified by regulations by the Food Authority with the approval of the Central Government.

Short Note

Every organization needs a professional team to run its daily affairs. This section establishes the CEO as the top administrative leader and allows the Authority to hire the necessary experts and support staff to do the actual work of monitoring food safety.

10. Functions of the Chief Executive Officer

- (1) The Chief Executive Officer shall be the legal representative of the Food Authority and shall be responsible for –
 - (a) the day-to-day administration of the Food Authority
 - (b) drawing up of proposal for the Food Authority's work programs in consultation with the Central Advisory Committee;
 - (c) implementing the work programs and the decisions adopted by the Food Authority;
 - (d) ensuring the provision of appropriate scientific, technical and administrative support for the Scientific Committee and the Scientific Panel;
 - (e) ensuring that the Food Authority carries out its tasks in accordance with the requirements of its users, in particular with regard to the adequacy of the services provided and the time taken;

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