



Food Laws & FSSAI Master Kit

PART 2

Structured Notes

Unit 1 – Indian & International Food Laws

- ✓ Based on the Official Central FSSAI (CFSO) Syllabus
- ✓ Relevant for Food Safety Officer Examinations Conducted by Various States



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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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Former Government Food Safety Officer and FSO Mentor

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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Unit – I

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.)
- ❖ Important national and international accreditation bodies
- ❖ 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).



FSS Act 2006

❖ Vital Dates & Facts

- Act No: 34 of 2006.
- Ministry: **Ministry of Health & Family Welfare (MoHFW)**.
- Passed by Parliament: August 2006.
- Received president's Assent: 23rd August 2006.
- Act Officially published in Gazette of India: **24th August 2006**.
- Establishment of FSSAI: 5th September 2008 (Established under the Ministry of Health and Family Welfare)
- Food Safety and standards rules, 2011 were officially published: 5th May 2011
- FSSAI notified six principal regulations: 1st August 2011
- The FSS Act and its Rules/Regulations came into full effect: **5th August 2011** (This is when the older acts were officially repealed)
- Extent: Whole of India.

❖ Structure of the Act

The Act is divided into **12 Chapters** and **101 Sections**. It also has **2 Schedules**.

- **First Schedule:** Mention 5 different Zones for the Act. (Extension of Section 5)
- **Second Schedule:** List of Repealed Enactments

The Second Schedule of the Act explicitly lists the older food-related legislations and orders that were repealed and absorbed into the new Act.

- (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), 1947
- (5) The Edible Oil's Packaging (Regulation) Order, 1998
- (6) The Solvent Extracted Oil, De-oiled Meal, & Edible Flour (Control) Order, 1967
- (7) The 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.

Chapters of FSS Act

Chapter	Name/Subject	Sections
I	Preliminary (Definitions)	1 - 3
II	Establishment of FSSAI	4 - 17
III	General Principles of Food Safety	18
IV	General Provisions as to Articles of Food	19 - 24
V	Provisions Relating to Import	25
VI	Special Responsibilities as to Food Safety	26 - 28
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XI	Finance, Accounts, Audit and Reports	81 - 84
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Imp Point: Focus heavily on Chapter II (FSSAI structure), Chapter VII (Powers of FSO), and Chapter IX (Penalties).

Different Sections of FSS Act

FSS Act has **12 chapters**, **101 sections** and **2 schedules**

Chapter I - Preliminary

- *Section 1:* Short title, extent and commencement
- *Section 2:* Declaration as to expediency of control by the Union
- *Section 3:* Definitions

Chapter II - Food Safety and Standards Authority of India



- *Section 4:* Establishment of Food Safety and Standards Authority of India
- *Section 5:* Composition of Food Authority and qualifications for appointment of its Chairperson and other Members
- *Section 6:* Selection Committee for selection of Chairperson and Members of Food Authority
- *Section 7:* Term of Office, Salary, allowances and other conditions of service of Chairperson and Members of Food Authority
- *Section 8:* Removal of Chairperson and Members of Food Authority
- *Section 9:* Officers and other employees of Food Authority
- *Section 10:* Functions of the Chief Executive Officer
- *Section 11:* Central Advisory Committee
- *Section 12:* Functions of Central Advisory Committee
- *Section 13:* Scientific Panels
- *Section 14:* Scientific Committee
- *Section 15:* Procedure for Scientific Committee and Scientific Panel
- *Section 16:* Duties and functions of Food Authority
- *Section 17:* Proceedings of Food Authority

Chapter III – General Principles of Food Safety

- *Section 18:* General principles to be followed in Administration of Act

Chapter IV – General Provisions as to Articles of Food

- *Section 19:* Use of food additive or processing aid
- *Section 20:* Contaminants, naturally occurring toxic substances, heavy metals, etc.
- *Section 21:* Pesticides, veterinary drugs residues, antibiotic residues and microbiological counts
- *Section 22:* Genetically modified foods, organic foods, functional foods, proprietary foods, etc.
- *Section 23:* Packaging and labelling of foods
- *Section 24:* Restrictions of advertisement and prohibition as to unfair trade practices

Chapter V – Provisions Relating to Import

- *Section 25:* All imports of articles of food to be subject to this Act

Chapter VI – Special Responsibilities as to Food Safety

- *Section 26:* Responsibilities of the Food business operator.
- *Section 27:* Liability of the manufacturers, packers, wholesalers, distributors and sellers
- *Section 28:* Food recall procedures

Chapter VII – Enforcement of the Act

- *Section 29:* Authorities responsible for enforcement of Act
- *Section 30:* Commissioner of Food Safety of the State
- *Section 31:* Licensing and registration of food business
- *Section 32:* Improvement notices
- *Section 33:* Prohibition orders
- *Section 34:* Emergency prohibition notices and orders
- *Section 35:* Notification of food poisoning
- *Section 36:* Designated Officer
- *Section 37:* Food Safety Officer
- *Section 38:* Powers of Food Safety Officer
- *Section 39:* Liability of Food Safety Officer in certain cases
- *Section 40:* Purchaser may have food analyzed
- *Section 41:* Power of search, seizure, investigation, prosecution and procedure thereof
- *Section 42:* Procedure for launching prosecution

Chapter VIII – Analysis of Food

- *Section 43:* Recognition and accreditation of laboratories, research institutions and referral food laboratory
- *Section 44:* Recognition of organization or agency for food safety audit.
- *Section 45:* Food Analyst
- *Section 46:* Functions of Food Analyst



- Section 47: Sampling and analysis

Chapter IX – Offences and Penalties

- Section 48: General provisions relating to offences.
- Section 49: General provisions relating to penalty.
- Section 50: Penalty for selling food not of the nature or substance or quality demanded
- Section 51: Penalty for sub-standard food
- Section 52: Penalty for misbranded food
- Section 53: Penalty for misleading advertisement
- Section 54: Penalty for food containing extraneous matter
- Section 55: Penalty for failure to comply with the directions of Food Safety Officer
- Section 56: Penalty for unhygienic or unsanitary processing or manufacturing of food
- Section 57: Penalty for possessing adulterant
- Section 58: Penalty for contraventions for which no specific penalty is provided
- Section 59: Punishment for unsafe food
- Section 60: Punishment for interfering with seized items
- Section 61: Penalty for false information
- Section 62: Punishment for obstructing or impersonating a Food Safety Officer
- Section 63: Penalty for carrying out a business without license
- Section 64: Punishment for subsequent offences
- Section 65: Compensation in case injury or death of consumer
- Section 66: Offences by companies
- Section 67: Penalty for contravention of provisions of this Act in case of import of articles of food to be in addition to penalties provided under any other Act

Chapter X – Adjudication and Food Safety Appellate Tribunal

- Section 68: Adjudication
- Section 69: Power to compound offences
- Section 70: Establishment of Food Safety Appellate Tribunal

- *Section 71:* Procedure and powers of the Tribunal
- *Section 72:* Civil court not to have jurisdiction
- *Section 73:* Power of court to try cases summarily
- *Section 74:* Special courts and Public Prosecutor
- *Section 75:* Power to transfer cases to regular courts
- *Section 76:* Appeal
- *Section 77:* Time limit for prosecutions
- *Section 78:* Power of court to implead manufacturer etc.
- *Section 79:* Magistrate's power to impose enhanced punishment
- *Section 80:* Defenses which may or may not be allowed in prosecution under this Act

Chapter XI – Finance, Accounts, Audit and Reports

- *Section 81:* Budget of Food Authority
- *Section 82:* Finances of the Food Authority
- *Section 83:* Accounts and audit of Food Authority
- *Section 84:* Annual report of Food Authority

Chapter XII – Miscellaneous

- *Section 85:* Power of Central Government to issue directions to Food Authority and obtain reports and returns
- *Section 86:* Power of Central Government to give directions to State Governments
- *Section 87:* Members, officers of Food Authority and Commissioner of Food Safety to be public servants
- *Section 88:* Protection of action taken in good faith
- *Section 89:* Overriding effect of this Act over all other food related laws
- *Section 90:* Transfer of existing employees of Central Government Agencies governing various foods related Acts or Orders to the Food Authority
- *Section 91:* Power of Central Government to make rules
- *Section 92:* Power of Food Authority to make regulations
- *Section 93:* Laying of rules and regulations before Parliament
- *Section 94:* Power of State Government to make rules

- *Section 95:* Reward by State Government
- *Section 96:* Recovery of penalty
- *Section 97:* Repeal and savings
- *Section 98:* Transitory provisions for food standards
- *Section 99:* Milk and Milk Products Order, 1992 shall be deemed to be regulations made under this Act
- *Section 100:* Amendments to the Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992
- *Section 101:* Power to remove difficulties

Keys Sections to Remember

❖ Section 4: Establishment of Food Safety and Standards Authority of India (FSSAI)

- The Central Government alone can set up FSSAI by an official notification.
- FSSAI is a body corporate. This means it has its own legal identity and can own property, make contracts, and sue or be sued. FSSAI functions under the **Ministry of Health and Family Welfare**.
- Its head office shall be at **Delhi**. It can also open other offices anywhere in India.

❖ Section 5: Composition of Food Authority and Qualifications

- The Authority consists of a **chairperson** and **22 Members**.
- Out of the 22 members, **one-third** (1/3) must be **women**.

Category	Number	Description
Chairperson (Not below the rank of Secretary to GOI)		Appointed by Central Government
Ex-officio Members (Not below the rank of Joint Secretary to GOI.)	7	Ministries/Departments: Agriculture, Commerce, Consumer Affairs, Food Processing, Health, Legislative Affairs, Small Scale Industries
Food Industry Representatives	2	Food industry (1 from small scale)

Consumer Organizations	2	Consumer organizations
Food Technologists/Scientists	3	Eminent experts
Zonal Representatives	5	Rotational from 5 zones (1 each, rotation every 3 years, representing States/UTs)
Farmer Organization Representative	2	Farmer Organization
Retailer Organization Representative	1	
Total Member	22	One-Third women

❖ Section 6: Selection Committee for Selection of Chairperson and Members of Food Authority

- **Composition of the Selection Committee:** The **Central Government** will form a Selection Committee to choose the Food Authority's Chairperson and Members; it will consist of:
 - ✓ **Cabinet Secretary:** Chairperson
 - ✓ **Convener-Member:** Secretary-in-charge of the Ministry/Department administering the FSS Act (Ministry of Health and Family Welfare).
 - ✓ **Members:** Secretaries from the Central Ministries dealing with Health, Legislative Affairs, and Personnel.
 - ✓ **Member:** Chairman of the Public Enterprises Selection Board.
 - ✓ **Member (Technical):** An eminent food technologist nominated by the Central Government. *(Must currently hold the post of Director or Head of a national research/technical institution).*
- **Statutory Timelines for Vacancies:**
 - ✓ **Unplanned Vacancy (Death/Resignation/Removal):** The Central Government must make a reference to the Selection Committee within **2 months** of the vacancy occurring.
 - ✓ **Planned Vacancy (Superannuation/End of Term):** The Central Government must make a reference **3 months before** the current term ends.
- **Committee Deadlines and Outputs:**

- ✓ The Selection Committee must finalize its selection within **2 months** from the date the reference is made to it.
- ✓ It must recommend a **panel of 2 names** for every single vacancy referred to it.

❖ **Section 7: Term of Office, Salary, Allowances, and Other Conditions of Service**

▪ **Tenure Length:**

- ✓ The Chairperson and Members (other than ex-officio) hold office for a standard term of **3 years**.
- ✓ **Re-appointment:** They are eligible for re-appointment for **one further period of 3 years**.

▪ **Maximum Age Limits:**

- ✓ **Chairperson:** Cannot hold office after attaining the age of **65 years**.
- ✓ **Members:** Cannot hold office after attaining the age of **62 years**.

▪ **Resignation Rules:**

- ✓ The Chairperson or any Member can relinquish their office early by giving a written notice to the Central Government.
- ✓ The notice must be of **not less than 3 months**.

▪ **Conditions of Service:**

- ✓ Salaries, allowances, and other conditions are prescribed exclusively by the Central Government.

❖ **Section 9: Officers and Other Employees of Food Authority**

This section outlines the administrative hierarchy and the appointment of the Chief Executive Officer (CEO), which is the most powerful executive role within FSSAI.

▪ **Appointment of the CEO:**

- ✓ The CEO of the Food Authority is appointed exclusively by the **Central Government**

▪ **Minimum Rank Requirement:**

- ✓ The person appointed as CEO must hold a rank not below that of an **Additional Secretary to the Government of India**.

▪ **Role in the Authority:**

- ✓ The CEO functions as the **Member-Secretary** of the Food Authority.

❖ **Section 10: Functions of the Chief Executive Officer**

This section details the day-to-day administrative, financial, and legal powers of the CEO.

- **Legal Status:**
 - ✓ The CEO acts as the **legal representative** of the Food Authority and holds ultimate administrative control over all FSSAI officers and employees.
 - **Program Planning & Execution:**
 - ✓ The CEO draws up proposals for FSSAI's work programs.
 - ✓ These proposals must be drawn up strictly in consultation with the **Central Advisory Committee (CAC)**.
 - **Support to Scientific Bodies:**
 - ✓ The CEO is responsible for providing appropriate scientific, technical, and administrative support to both the **Scientific Committee** and the **Scientific Panels**.
 - **Financial and Reporting Duties:**
 - ✓ The CEO approves **all financial expenditure** of the Food Authority.
 - ✓ Every year, the CEO must submit four key documents to the Food Authority for approval:
 1. The general report of previous year's activities.
 2. The programmes of work.
 3. The annual accounts of the previous year.
 4. The budget for the coming year.
 - ✓ Once approved by the Food Authority, the CEO forwards the general report and programs to both the **Central and State Governments** and publishes them.
 - **Special Enforcement Power:**
 - ✓ While dealing with specific matters relating to food safety at the central level, the CEO shall exercise the exact same powers as a **Commissioner of Food Safety**.
-

Important One Liners

Question	Answer
1. How many total Chapters and Sections are there in the FSS Act, 2006?	12 Chapters and 101 Sections
2. Under which section of the FSS Act is "Risk Analysis" defined?	Section 3.
3. As per Section 3, does the legal definition of "Food" include animal feed and live animals?	No, it strictly excludes animal feed, live animals, plants prior to harvesting, drugs, and cosmetics.
4. What is the statutory composition of the Food Authority (FSSAI) under Section 5?	One Chairperson and 22 Members (1+22).
5. What fraction of the members in the Food Authority must mandatorily be women?	One-third (1/3rd).
6. What is the maximum retirement age for the Chairperson of FSSAI?	65 years.
7. What is the maximum retirement age for the Members of FSSAI?	62 years.
8. What is the term of office for the Chairperson and Members of FSSAI?	3 years (eligible for reappointment for one more term).
9. Who is the legal representative and administrative head of the Food Authority (Section 10)?	The Chief Executive Officer (CEO).
10. Which committee acts as the primary bridge between the Centre and the States for food safety enforcement?	Central Advisory Committee (CAC).
11. How many independent scientific experts are appointed to the Scientific Committee (Section 14)?	6 independent experts.
12. Which section of the Act explicitly prohibits the use of unapproved food additives and processing aids?	Section 19.
13. Under which section does FSSAI hold the power to regulate Proprietary Foods, Novel Foods, and Health Supplements?	Section 22.

14. Under Section 24, what is strictly prohibited regarding the marketing of food products?	Misleading advertisements and unfair trade practices.
15. Which section of the Act completely prohibits the import of unsafe or misbranded food into India?	Section 25.
16. Whose primary statutory responsibility is it to ensure that food complies with the Act at all stages of production and sale (Section 26)?	The Food Business Operator (FBO).
17. Who appoints the Commissioner of Food Safety for a State?	The State Government.
18. For what maximum duration can the Commissioner of Food Safety prohibit the sale of a food article in the entire state?	1 Year (Section 30).
19. Which section mandates that no person shall commence a food business without a License or Registration?	Section 31.
20. Who is the ONLY officer legally empowered to issue an "Improvement Notice" to an FBO?	The Designated Officer (DO) (Section 32).
21. What is the minimum administrative rank required to be appointed as a Designated Officer (Section 36)?	Sub-Divisional Officer (SDO).
22. Can a regular consumer get a food sample legally tested?	Yes, under Section 40 (Purchaser may have food analyzed).
23. What mandatory accreditation is required for FSSAI to recognize and notify a primary food laboratory?	NABL (ISO/IEC 17025) accreditation.
24. What is the statutory time limit for a Food Analyst to complete testing and submit the analysis report?	14 Days (Section 46).
25. When an FSO lifts a legal food sample, into how many equal parts must it be divided (Section 47)?	4 parts.
26. What is the maximum penalty for selling "Sub-standard" food (Section 51)?	Fine up to ₹ 5 Lakhs.
27. What is the maximum penalty for selling "Misbranded" food (Section 52)?	Fine up to ₹ 3 Lakhs.
28. What is the maximum penalty for publishing a "Misleading Advertisement" (Section 53)?	Fine up to ₹ 10 Lakhs.
29. What is the penalty for possessing an adulterant that is NOT injurious to health?	Fine up to ₹ 2 Lakhs (Section 57).

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