



**FOOD LAWS &
FSSAI MASTER KIT**

PART 4

Practice MCQs

**Food Safety & Standards Act,
Rules, Regulations, International
Food Laws and
FSSAI Role, Functions & Initiatives**



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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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MCQs for Food Safety Officer Exams

1. The Food Safety and Standards Act, 2006 received the assent of the President of India on:

- a) 24th July, 2006
- b) 23rd August, 2006
- c) 26th January, 2006
- d) 15th August, 2006

Answer: b) 23rd August, 2006

2. The FSS Act, 2006 consists of how many sections and schedules?

- a) 101 Sections and 2 Schedules
- b) 120 Sections and 3 Schedules
- c) 101 Sections and 1 Schedule
- d) 97 Sections and 2 Schedules

Answer: a) 101 Sections and 2 Schedules

3. Licensing and registration of food businesses in FSSAI are covered under which section?

- a) Section 13
- b) Section 31
- c) Section 9
- d) Section 30

Answer: b) Section 31

4. According to the FSS Act, "Food" does not include:

- a) Drinking water
- b) Chewing gum
- c) Live animals (unless prepared for consumption)
- d) Infant food

Answer: c) Live animals (unless prepared for consumption)

5. The "Food Authority" as defined in the Act refers to:

- a) The State Government
- b) The Ministry of Health and Family Welfare
- c) The Food Safety and Standards Authority of India (FSSAI)
- d) The Central Advisory Committee

Answer: c) The Food Safety and Standards Authority of India (FSSAI)

6. Which ministry is responsible for the implementation of the FSS Act, 2006?

- a) Ministry of Food Processing Industries
- b) Ministry of Agriculture
- c) Ministry of Health and Family Welfare

- d) Ministry of Consumer Affairs

Answer: c) Ministry of Health and Family Welfare

7. Under Section 40 of the FSS Act, 2006, who has the right to have a food sample analyzed by a Food Analyst?

- a) Only the Food Safety Officer
- b) Only the Designated Officer
- c) The Purchaser
- d) The Commissioner of Food Safety

Answer: c) The Purchaser

8. The Food Safety and Standards Authority of India (FSSAI) was established under which section of the Act?

- a) Section 4
- b) Section 5
- c) Section 10
- d) Section 22

Answer: a) Section 4

9. Who is the administrative head of the Food Authority (FSSAI)?

- a) The Chairperson
- b) The Chief Executive Officer (CEO)
- c) The Minister of Health
- d) The Director General

Answer: b) The Chief Executive Officer (CEO)

10. What is the composition of the Food Authority (FSSAI)?

- a) Chairperson and 10 members
- b) Chairperson and 22 members
- c) Chairperson and 15 members
- d) CEO and 22 members

Answer: b) Chairperson and 22 members

11. Out of the 22 members of the Food Authority, how many must be women?

- a) At least 5
- b) At least 7
- c) At least one-third (1/3rd)
- d) No such requirement

Answer: c) At least one-third (1/3rd)

12. The "Scientific Committee" of FSSAI consists of:

- a) Chairpersons of all Scientific Panels and 6 independent experts
- b) Only government officials
- c) 22 members of the Food Authority



- d) Only Food Analysts

Answer: a) Chairpersons of all Scientific Panels and 6 independent experts

13. Which body advises the Food Authority on the prioritization of work and identifies potential hazards?

- a) Scientific Committee
- b) Central Advisory Committee (CAC)
- c) Scientific Panel
- d) Ministry of Health

Answer: b) Central Advisory Committee (CAC)

14. International Organization for Standardization (ISO) has how many membership categories?

- a) 5
- b) 3
- c) 7
- d) 1

Answer: b) 3

15. What is the purpose of ISO 14031?

- a) Environmental assessment of sites and organizations
- b) Environmental labels and declarations
- c) Environmental communication
- d) Environmental performance evaluation

Answer: d) Environmental performance evaluation

16. "Adjudicating Officer" for food safety shall not be below the rank of:

- a) Food Safety Officer
- b) Additional District Magistrate
- c) High Court Judge
- d) Designated Officer

Answer: b) Additional District Magistrate

17. The "Commissioner of Food Safety" for a state is appointed by:

- a) The Central Government
- b) The State Government
- c) The CEO of FSSAI
- d) The Governor

Answer: b) The State Government

18. A Food Safety Officer (FSO) must undergo how many days of induction training upon recruitment?

- a) 14 days
- b) 30 days



- c) 40 days
- d) 60 days

Answer: c) 40 days

19. The SNF @Workplace Initiative aims at the following EXCEPT:

- a) Providing FSSAI trained health and wellness coordinator
- b) To combat increase in obesity and NCDs
- c) Promoting general health and well-being
- d) Providing resources such as The Pink Book

Answer: d) Providing resources such as The Pink Book

20. "Risk Analysis" in food safety includes which of the following three components?

- a) Risk Assessment, Risk Management, Risk Communication
- b) Testing, Sampling, Reporting
- c) Detection, Prevention, Cure
- d) Hazard, Risk, Exposure

Answer: a) Risk Assessment, Risk Management, Risk Communication

21. As per FSSAI guidelines, the working surface of a street food vending cart should be placed at what height from the ground?

- a) 50–60 cm
- b) 60–70 cm
- c) 80–100 cm
- d) Above 120 cm

Answer: b) 60–70 cm

22. Which of the following is a mandatory (compulsory) legislation in India?

- a) ISI Mark
- b) ISO 22000
- c) Food Safety and Standards Act, 2006
- d) AGMARK

Answer: c) Food Safety and Standards Act, 2006

23. "Food-o-copoeia" is a term used by FSSAI for:

- a) A collection of food recipes
- b) A digital reference for food standards and categories
- c) A dictionary of food terms
- d) A list of food business operators

Answer: b) A digital reference for food standards and categories

24. The FSSAI initiative "Eat Right India" is based on which three pillars?

- a) Eat Healthy, Eat Safe, Eat Sustainably
- b) Eat Fresh, Eat Local, Eat Organic
- c) No Salt, No Sugar, No Fat

d) Clean, Pure, Safe

Answer: a) Eat Healthy, Eat Safe, Eat Sustainably

25. Which ISO standard is related to the quality management system?

- a) ISO 45001
- b) ISO 9000
- c) ISO 14000
- d) ISO 22000

Answer: b) ISO 9000

26. Which of the following staples is NOT currently part of the FSSAI's mandatory/voluntary fortification program?

- a) Rice
- b) Milk
- c) Edible Oil
- d) Fruits

Answer: d) Fruits

27. The "RUCO" initiative by FSSAI stands for:

- a) Reuse Under Controlled Options
- b) Repurpose Used Cooking Oil
- c) Recycle Under Clean Operations
- d) Reduce Unsafe Cooking Operations

Answer: b) Repurpose Used Cooking Oil

28. Under RUCO, used cooking oil is converted into:

- a) Animal feed
- b) Biodiesel
- c) Fertilizers
- d) Soap

Answer: b) Biodiesel

29. What does the acronym TACCP stand for in food safety and defense?

- a) Total Quality and Critical Control Point
- b) Threat Assessment and Critical Control Point
- c) Toxic Analysis and Chemical Control Program
- d) Traceability Assessment and Core Control Plan

Answer: b) Threat Assessment and Critical Control Point

30. The "Yellow Book" is FSSAI's resource guide for which audience?

- a) General Public
- b) School Children
- c) Food Analysts
- d) Central Licensed Businesses

FSSAI & FOOD LAWS MASTER KIT

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