



SNS COLLEGE OF NURSING
Saravanampatti (po), Coimbatore.

DEPARTMENT OF NURSING
COURSE NAME : BSC (NURSING) I YEAR
SUBJECT : NUTRITION
UNIT: X: BALANCED DIET
TOPIC : PREVENTION OF FOOD
ADULTERATION ACT (PFA)



FOOD ADULTERATION



DEFINITION

The process of lowering the nutritive value of food either by removing a vital component or by adding substance of inferior quality; is called food adulteration. The substance that is used to lower the quality is known as adulterant.

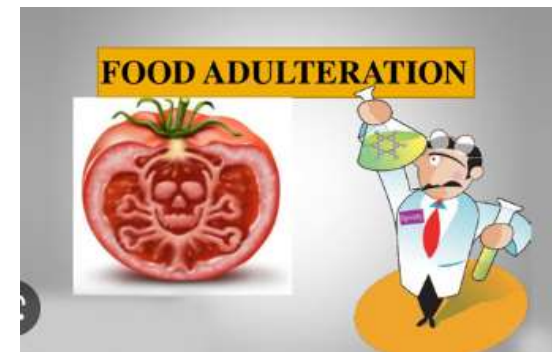




ADULTERATION AND LAW



- The Govt. of India had promulgated an act called the “prevention of Food adulteration Act” in the year 1954.
- the Act has been periodically amended to check dishonest practices of traders. If traders violate the standards mentioned in the act, they are punishable under law.





OBJECTIVES



- Ensuring pure and wholesome food to consumers.
- To protect consumers from fraudulent and deceptive malpractice.
- To maintain quality of food stuff and edible substance
- To prevent adulteration of food stuff.





PUNISHMENT



A minimum imprisonment of six month with a minimum fine of Rs.10,000 is envisaged during the act.





COMMON ADULTERATION FOUND IN FOODS ARE



- Food grain and grams – marble pieces, sand particles, clay gilts, soap stone pieces.
- Pulses- Kesari dhal – colours.
- Wheat flour maida – powdered lime
- Pepper – Dry papaya seeds





CONTD...



- Chilli powder – coloured saw dust.
- Sweets – colours not permitted
- Honey – jaggery, sugar
- Tea – coloured tea leaves after removing the essence.





CONTD...



- Milk – water
- Ghee and butter – vanaspathi
- Coffee powder – tamarind seed powder
- Cooking oil – argemone oil



PRECAUTION TO BE TAKEN BY THE PUBLIC REGARDING ADULTERATION

- It is better to avoid adulterated cool drinks, instead you can have any fresh fruit juice and tender coconut.
- Parents should be concerned about the quality and freshness of these food articles like chocolates, sweets that children usually like.





CONTD....



- Take the help of food adulteration testing centres. Lodge complaints to the concerned authorities, if adulteration is detected.
- Make sure that food packets carry ISI, AGMARK or FPO labels, before buying.
- Do not buy food articles, If expiry date is crossed





ADVANTAGES



- Helps in maintaining quality of food stuff.
- Helps to provide punishment to the people and organization responsible for adulteration
- Helps to provide, special lights to consumers and voluntary organization so that, they can play an effective role.





CONTD....



- Checking the quality of imported food stuff.
- Establishing public analysis, consumers tests and food testing labs and training their workers.





CONCLUSION



Food adulteration is the process of lowering nutritive value of food either by removing a vital component or by adding substance of inferior quality





REFERENCE



- Darshan sohi, “ A comprehensive textbook of applied Nutrition and dietetics” , 3rd edition, published by Jaypee publication.
- Shella John, Jasmine devaselvam, “Essentials of Nutrition and dietetics for nursing”, 2nd edition, published by Wolters Kluwer.



ASSESSMENT



- What is food adulteration
- Describe the objectives of the prevention of food adulteration law
- Explain the advantages of PFA.



Thank
you