**Monitoring Food Hygiene**

The FSSAI is the regulatory body that deals with matters relating to food safety and hygiene in the country. It is an autonomous body of the Government of India, which is responsible for laying down science-based standards for articles of food and to regulate the manufacture, processing, storage, distribution, and import of food products in the country. The FSSAI was established under the Food Safety and Standards Act, 2006.

**The Habit of Washing Hands**

Washing hands with soap is one of the most effective and inexpensive ways to prevent the spread of foodborne illness. The FSSAI emphasizes the importance of washing hands with soap and water as a fundamental step in ensuring food safety.

### Hand Hygiene

1. **Turn off the faucet** with soap and water for at least 30 seconds.
2. **Wash your hands** before and after preparing a meal.
3. **Wash after touching garbage, after touching pets** and their environment.
4. **Wash after using the toilet** into an ingrained habit.
5. **Wash your hands** with water and soap for at least 30 seconds.
6. **Wash after cutting meat and poultry**.
7. **Wash after touching raw meat and poultry**.
8. **Wash after touching raw vegetables**.
9. **Wash before handling food** or eating.
10. **Wash after preparing and eating food**.
11. **Wash after handling ready-to-eat foods**.
12. **Wash after handling raw food**.

### FSSAI Functions

- **FOOD SAFETY AND STANDARDS (FSS) ACT, 2006**: It is an act of Parliament of India, which is responsible for laying down science-based standards for articles of food and to regulate the manufacture, processing, storage, distribution, and import of food products in the country.
- **Food Safety and Standards (Licensing & Registration of Food Business) Order, 2011**: It is an order of the Ministry of Health & Family Welfare, Government of India, for laying down science-based standards for food, hygiene, and other standards.
- **Promote awareness about food safety and hygiene standards.**
- **Licensing & Registration of Food Business**: The act also covers the licensing and registration of food business undertakings. A food business undertaking (FBO) is any food manufacturer, transporter, storage facility, sales facility, and others.

### Food Adulteration

Adulteration is the addition of a substance by deliberately adding something not intended to add to food. Adulteration can occur in various ways, including through the use of inappropriate ingredients or chemicals in food production or by mislabeling food products.

### Food Adulteration

Adulteration is a great menace to the public health and economic loss as well. It can be caused by various factors, such as the use of cheaper or inferior ingredients, the addition of harmful substances, or the mislabeling of food products.

### Consumer Rights & Rewards

Consumers have the right to receive safe and wholesome food for human consumption. The FSSAI has been created to lay down science-based standards for articles of food and to regulate the manufacture, processing, storage, distribution, and import of food products in the country. The FSSAI has been created to lay down science-based standards for articles of food and to regulate the manufacture, processing, storage, distribution, and import of food products in the country.