Science & Technology · GS - III

Food adulteration and misleading food labels pose serious challenges to public health and consumer protection in India. Examine the role of food safety regulators and suggest measures to strengthen enforcement.

EXAM YEAR	PAPER	SUBJECT
DAILY PRACTICE 03/11/2026	GS - III	Science & Technology

MARKS	WORD LIMIT
10	~150 words

Answer Hint

Public health protection; Food Safety and Standards Act, 2006; FSSAI standards; State-level enforcement; laboratory testing; consumer awareness; transparent labelling; accountability

Model Answer

Introduction

Food adulteration and misbranding undermine consumer trust, distort market competition and may expose people to health risks. India addresses these concerns through the Food Safety and Standards Act, 2006, which provides the legal framework for food safety regulation.

Role of Regulators

The Food Safety and Standards Authority of India (FSSAI) lays down science-based food standards and coordinates regulatory action. State food safety authorities conduct inspections, collect samples, investigate violations and initiate appropriate proceedings. Seizure of suspected products can prevent their distribution while testing and investigation proceed.

Challenges

Limited testing capacity, complex supply chains, misleading labels, uneven enforcement and low consumer awareness can weaken compliance. Allegations must also be distinguished from established violations through proper sampling, laboratory analysis and legal procedure.

Way Forward

Authorities should strengthen risk-based inspections, accredited laboratory capacity, traceability systems and digital monitoring. Food businesses must maintain accurate labels and quality-control records. Consumer complaints should be addressed promptly, while penalties should follow due process and be proportionate to proven violations.

Conclusion

Effective food safety requires coordinated regulation, scientific evidence, accountable businesses and informed consumers. Consistent enforcement can protect public health and strengthen confidence in India’s food market.

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