

BSHND 411: FOOD AND DRUG LAWS

Course Learning Outcomes:

- To get know how about the existing food and drug laws prevailing in the country
- To understand duties and authorities of food safety officers and drug inspectors
- To familiarize with food and drug laws enforcement agencies in Pakistan

Course-Theory:

1. Punjab Pure Food Rules 2011

- legal terms and definitions from the food industry;
- Rules for food additives, categories, permissible limits;
- Food packaging: rules, criteria for packaging material, labelling requirements;
- Duties and responsibilities of public analysts and food safety officer;

2. The Drug Regulatory Authority of Pakistan Act, 2012;

- DRAP Alternative Medicines and Health Products Enlistment Rules 2014;
- Halal food dietary laws.
- Consumer protections laws in Pakistan;
- The Punjab Consumer Protection Rules 2009;

3. The Punjab Consumer Protection Act 2005;

4. The Pakistan Hotels and Restaurants Act, 1976;

5. The Punjab Food Authority Act 2011;

6. The Pakistan Halal Authority Act 2015;

- Pakistan National Accreditation Council; Punjab Halal Development Agency;
- Pakistan Standards and Quality Control Authority (PSQCA); Role of electronic and print media in public awareness and empowerment.

Content-Practical:

1. Steps in nutrition care;

- Types of diets: regular diet, clear liquid diet, full liquid diet, soft diet, bland diet;
- Dietary modification for texture, energy, nutrients and fluids;

2. Planning of energy modified diet:

- High calorie diet, restricted calorie diet, high fiber diet, low residue diet, modified carbohydrates diet, moderate carbohydrate diet, modified fat diet, restricted fats diet;

3. Planning and preparation of diets for various pathological conditions;

- Nutrition in surgical conditions: preoperative and post-operative diets;
- Enteral and parenteral feeding;

4. Hospital visits and nutrition camps.

Teaching-Learning Strategies:

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

Assignments:

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

Assessments and Examination:

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

Recommended Readings:

1. Mahan, L.K., Escott-Stump, S. & Raymond, J.L. (2012). Krause's Food, Nutrition & Diet Therapy, (13th ed.) Elsevier Saunders, St. Louis, Missouri, USA.
2. Mudambi, S.R. & Rajagopal, M.V. (2007). Fundamentals of Foods, Nutrition & Diet Therapy, (5th ed.) New Age International Pvt. Ltd. Publishers, New Delhi.
3. Punekar, M. & D'Souza, J. (2010). Handbook of Applied Nutrition, Dietotherapy and Diet Management. SBS Publishers & Distributors Pvt. Ltd., New Delhi.
4. Rawat, S. (2015). Applied Nutrition. Random Publication, New Delhi.
5. Schlenker, E. & Gilbert, J.A., (2015). Williams' Essentials of Nutrition and Diet Therapy, (11th ed.) Elsevier/Mosby Inc., Louis, Missouri.
6. Singh, J. (2008). Handbook of Nutrition and Dietetics. Lotus Press, India.