efsa
European Food Safety Authority

## WARM UP

**1 Quickly match each title with a paragraph from the text about new EFSA regulations.**

**a** Food additives
**b** Food supplements
**c** Health claim applications

# RECENT EFSA REGULATIONS

**1** _____

In July 2009, EFSA completed the first comprehensive assessment of substances used as sources of vitamins and minerals in food supplements, which are currently sold in the EU. Based on EFSA's work, the European Commission reviewed the list of permitted vitamin or mineral substances that may be added to food supplements. EFSA also performed a comprehensive evaluation of the possible adverse health effects of micronutrients, which exceed the dietary requirements and, where possible, established Tolerable Upper Intake Levels (ULs) for different population groups.

**2** _____

Health claims made in relation to food products require authorisation under Regulation EC 1924/2006 before they can be used in the labelling and marketing of these products in the EU. Within the context of this authorisation procedure, the EFSA is responsible for verifying the scientific substantiation of the health claims. In other words, decide if they are legitimate or not.

**3** _____

In December 2008, a new regulatory package of Food Improvement Agents was adopted which includes, among others, regulations on: food additives and a common authorisation procedure for additives, enzymes and flavourings. The former, which entered into force in January 2010, consolidates all food additives legislation previously covered by different directives. The latter started becoming fully applicable in the course of 2011 when implementing measures entered into force. In accordance with the new legislation, by December 2020, EFSA has to re-evaluate all food additives which were authorised before 20 January 2009.

ACTIVITIES

## READING COMPREHENSION

**2 Read the text again carefully and answer these questions.**

Which EFSA regulation (1-3)...

**a** was adopted in 2008? *3*
**b** required scientific substantiation of claims about food products? _____
**c** related to 2006 EC regulation? _____
**d** regarded the labelling and marketing of products? _____
**e** performed a comprehensive evaluation of possible adverse health effects? _____
**f** included regulations on a common authorisation procedure? _____
**g** has to undertake a re-evaluation of some ingredients? _____
**h** established Tolerable Upper Intake Levels for different population groups? _____
**i** concerned an assessment of substances used as sources of vitamins and minerals? _____

## SPEAKING

**3** FCE **Work in pairs. Discuss the recent ESFA regulations. Use the following prompts to help you.**

1 What do you think about the ESFA regulations on food supplements?
2 What do you think about EFSA's responsibility for verifying the scientific substantiation of health claims?
3 Do you think the new regulations on food additives are important?

A *I think EFSA regulations...*
B *Yes, I agree./No, I don't agree.*