

Paper No. 2: Diet and Nutrition

1. Classification of eatables and their importance for public health.
2. Assessment of daily required nutrition.
3. Assessment of the need for nutrients in a special group.
4. Balanced diet.
5. Assessing the nutritional status of the family.
6. The survey of nutrition education and its importance.
7. Preventive therapeutic nutrition.

Knowledge regarding General Safety – Occupational Health, and Hygiene Science

a. Dietetics Nutrition

Introduction to and classification of Health and Diseases – Nutritional Elements in Diet and their Sources

b. Nutrient

Carbohydrates – Protein - Vitamins and Minerals – Function – Sources and Dietary Needs.

c. Family Examination

Medical examination of all members– weight –height and circumference of the head – skin folds(in the case of children) –Blood test for Hemoglobin –Diet Survey –Weight of food before and after cooking.

d. Balanced Diet

Definition – Co-planning - Factors to take into consideration during planning– Nutritional needs of special groups.

e. Nutrition Education

Malnutrition – Less Weight during birth– Causes – Prevention –Protein energy malnutrition prevention – Special care regarding malnutrition – Special treatment given to malnourished children.

Water Sanitation

1. Classification of sources of water.
2. The difference between deep and shallow wells.
3. Method of Sanitary Well.
4. Demonstration of *Ārogyaprada* well in town/village.
5. Water Supply Sanitary Inspector.
6. Collecting and dispatching samples for chemical and bacteriological survey.
7. Water purification in urban areas.
8. Water purification in rural areas.
9. Environmental Cleanliness (WHO definition) –Balanced and healthy water and its sources – Various uses of water and its need

Waterborne Diseases – Water Conservation – Water Quality - Hard Water and aspects of health – Physical, chemical, and biological criteria and various types of water pollution– The process of cleansing borewell water in small and large amounts– Plumbing system and its maintenance–Water distribution and storage method at community and home level.

Clean, Healthy Air

1. Demonstration of air condition plan for maintain temperature.
2. The importance of air circulation in sufficient quantity and its importance – types of air circulation (1); natural (2) mechanical – Air purification and disinfectant greenhouse effect – Types of ventilation – Air temperature – Humidity –Radiation and Evaporation and their measurements.