

## HOME HEALTH CARE MANAGEMENT

### SEMESTER-1: Theory of Food Nutrition & Clothing

**UNIT-1 Basic Concept of Food & Nutrition:** Definition, Five Food Group, Function of Food

**UNIT-2: Food Preparation:** Principles, Need, And Retention of Nutrients

**UNIT-3: Food Preservation:** Introduction, Definition, And Importance

**UNIT-4: Fashion in Clothes:** Selection, Meaning of Fashion

### SEMESTER-2: Nutrition, Preservation & Clothing in Daily Life

**UNIT-1: Primary Knowledge of Nutrients:** Balanced Diet, Classification of Nutrients

**UNIT-2: Terminology used in Cooking; Measuring Equipment:** Standard & Household Measures

**UNIT-3: Household Preservation Techniques:** Drying, High Temperature, Low Temperature, Freeze Drying (Deep

Freezing)

**UNIT-4: Selection of cloths regarding Season and Occasion:** Season, College, Picnic, Weeding, Sports, Office,

Religious

### SEMESTER=3: Basics of Human Needs

**UNIT-1: Cooking Methods:** Classification, Importance, Merits, demerits

**UNIT-2: First Aid:** Basic knowledge

**UNIT-3: Household Equipment:** Importance, Classification of Electric & Non electric Equipment (Food related)

**UNIT-4: Prayers (Shlokas) to be recited while preparing food.**

### SEMESTER-4: Home Basics/ Home & Health Care

**UNIT-1: Recommended Dietary Allowance:** Important, Preschool, School going, Teenage, Adolescent, Old Age,

Sports etc. Special stages like Pregnancy, Lactation, and

**UNIT-2: Menu Planning:** Definition, meaning & importance of Meal planning, Use of basic food groups in Meal

Planning, various factors affecting Meal planning

**UNIT-3: Selection for furnishing materials for Home:** Drawing room, Bed room

**UNIT-4: Selection of Cloths regarding:** Personality, Height, Weight, Skin tone  
**Use of Lines in cloths**

**SEMESTER-5: INTIRIOR DESIGNING**

**UNIT-1: Furniture Design:** Selection of Furniture, Importance of Home furnishing

**UNIT-2: Furniture Arrangement in different room:** Living room, Dining room, Bed room

**UNIT-3: Accessories:** Lighting, Color, Wall paper, Clock, Bookshelf etc...

**UNIT-4: Plant Decoration:** Indoor, Outdoor

**SEMESTER-6: DIETETICS**

**UNIT-1: Diet Therapy:** Basic concept of Diet Therapy: Introduction, Concept & Importance, Objectives & Principles of Therapeutic Nutrition

**UNIT-2: Types of Diet:** Types of Diet regarding to consistency: Light Diet, Soft Diet, Liquid Diet, Modify Diet

**UNIT-3: Nutritional care in Fever and Gastro:** Common Fever, Constipation, And Diarrhea

**UNIT-4: Nutritional Care in Weight management:** Obesity, under weight