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, Law 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. Special stages like Pregnancy, Lactation, and Sports etc.

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: INTERIOR 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