

## APPGCET -2021: SYLLABUS

### TEST NAME: 315-M.Voc(NHCS)

#### M.Voc. Nutrition and Health Care Sciences

**Nutrition and Dietary adequacies:** Classification of food, food groups, RDA for different nutrients; food groups, planning of foods, Balanced diets for various age groups, Dietary guidelines, nutrient density, exchange patterns, Assessment of Nutritional Status-(ABCD techniques)

**Diet therapy** -Definition, purposes of a therapeutic diet, principles and types of hospital diet: clear fluid, full fluid, soft, light, bland and regular diet, Special Feedings- Enteral and Parenteral nutrition Dietitian –Types, qualities, qualification and role of dietitian in managing hospital dietary.

**Nutritional care for Deficiency Disorders**-PEM, nutritional anemia, vitamin-A deficiency, iodine deficiency, osteoporosis and Osteomalacia - Etiology, symptoms and dietary management, Malnutrition-Under weight and Overweight

**Macronutrients-Carbohydrates, Proteins and Fat:** Sources and Functions of macro nutrient in body; Role of carbohydrates in health and disease with special reference to different carbohydrates, protein and fats

**Micronutrients-Vitamins and Minerals:** Classification, chemistry, dietary sources, RDA, functions & deficiency disorders of all vitamins, classification, function, dietary sources, daily requirement & deficiency disorders of all minerals

**Micro-Organisms:** Classification- Bacteria, Viruses, Yeast, Moulds, Protozoa, Algae- General characteristics, structure, Source of infection, growth of microbes, portals of entry and exit of microbes, transmission of infection

**Health Care:** Concept of health, definitions- dimensions, health relative concept, determinants of health, Characteristics and classification of Indicators, Levels of health care

**Public Health:** Concepts and Definitions, Introduction to Health Promotion and Disease Prevention, theoretical Principles of Health Behavior Importance of chronic diseases, risk factors associated with chronic diseases, disease prevention and Management

**Clinical Analysis:** Preparation of Buffers and various biochemical reagents, calculations of Normality and molarity of the reagents, pH estimations, Reducing sugar-Benedict test, protein: - Heat and acetic acid test, and sulfosalicylic acid method, ketone bodies-Roth era's test

**Reproductive Health:** Anatomy and Physiology of the reproductive system, pregnancy and delivery stages- anti natal, pre natal and post natal care of lactating mother. Introduction to family planning (methods)

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