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# KAKATIYA UNIVERSITY - WARANGAL - TELANGANA

## B.Sc. Programme under CBCS

With effect from the A.Y: 2019

### Optional Paper

(Common to all Science Courses)

III Year SEMESTER – VI

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## PUBLIC HEALTH AND HYGIENE

### UNIT-I: Nutrition, Environment and Health

- 1.1 Classification of foods – Carbohydrates, Proteins, Lipids and Minerals.
- 1.2 Nutritional deficiencies and disorders of Carbohydrates, Proteins, Lipids and Minerals.
- 1.3 Concept, Steps and Applications of Environment and Health Impact Assessment.
- 1.4 Industrial, Agricultural and Urban Health. Environmental Pollution and Associated Health Hazards.

### UNIT-II : Communicable and Non-Communicable Diseases

- 2.1 Causes, symptoms, diagnosis, treatment and prevention of Communicable Diseases (Malaria, Filariasis, Tuberculosis and AIDS).
- 2.2 Causes, symptoms, diagnosis, treatment and prevention of Non-Communicable Diseases (Hypertension, Coronary Heart Diseases, Diabetes and Obesity).
- 2.3 Symptoms, treatment and prevention measures of Water Borne Diseases (Diarrhea, Typhoid, Hepatitis and Amebiasis).
- 2.4 Symptoms, treatment and prevention measures Air Borne Diseases (COVID-19, Influenza, Whooping cough and Chickenpox).

### UNIT-III :Food and Diet Systems

- 3.1 Definition of Food, Types of foods (Texturized foods, Novel foods and Organic foods).
- 3.2 Food safety system and issues; Physical, chemical and microbiological contaminants; The significance of foodborne diseases.
- 3.3 Principles of diet in diseases, Classification of diets according to nutrients.
- 3.4 Etiology, Symptom and Dietary Management in Obesity, Underweight, Hypertension, Diabetes Mellitus, Atherosclerosis.

### UNIT-IV : Personal Hygiene and Sanitation

- 4.1 Definition of Hygiene and Sanitation, Personal Hygiene of food handler, Techniques of Washing Hands, Pest control and Garbage Disposal.
- 4.2 Definition of Public Health, Hygiene, Social and Preventive Medicine, Basic aspects of Personal Hygiene and Disposal of Waste.
- 4.3 The Hygiene Practices of the different categories of family members (children, parents and aged members)
- 4.4 Definition of Sanitation, Environmental Sanitation, Sanitation of Food Serving Institution, The importance of proper sanitation practices.

### Suggested Readings:

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