

SHRI GOVIND GURU UNIVERSITY

B.A. Syllabus

Semester-5

Subject: SS Health Management and Diet

Unit 1: Health

1. Definition, Concept of Health
2. Types of Health
3. Health Education
 - Yoga
 - Exercise
4. Public Health

Unit 2: Hygiene

1. Sanitation, sources of Infection
2. Infectious diseases
3. Common food borne diseases
4. Immunity

Unit 3: Definition Concept

1. Food
2. Nutrition
3. Function of Food
4. Mal-Nutrition : and it's causes Role of Nutrition in good Health

Unit 4: Balance Diet

1. Compositions of Food
2. Nutrient
 - Carbohydrate
 - Proteins
 - Fat
3. Vitamins, Water Soluble/ Fat Soluble
4. Minerals