

## **DIPLOMA IN FOOD INSPECTOR SYLLABUS**

### **Health, Disease and Environment- paper-I (Theory)**

Concept of health, definition of health,

Occupational Diseases

In industrial situation, in agricultural situation, in service and management situation.

Environment in relation to Health& Diseases:

Macro environment: Physical, Housing, Weather, air, heat, radiation.

**Biological –A:** Microbes, Arthropodes, and Animals with special reference to zoonosis.

**B:** Role of Biological environment for maintenance of health.

**C:** Social community, family, social stratification, socio- economic status and health, inter- relationship between education and health, leadership.

### **Micro- Environment**

Immunity & Immunization.

Training in personnel hygiene, application of principles of digest and nutrition and family level.

### **Prevention and Control**

**Part-A :** Intervention programmes at individual, family and community level.

**Part-B :** Intervention programme centering around physical environment.

**Macro – environment:** Housing, Improvement in water quality.

Physical: Control of pollution of stream and water sources, atmospheric pollution control, sanitary disposal and recycling of community wastes.

Biological: Vector control

### **Micro-Environment**

**A:** Intervention at family level with special reference to food and nutrition practice, hygienic practices In family, child – feeding and rearing practices, house- keeping and accident prevention.

**B:** Intervention at individual level: personnel hygiene, correction of postural defects, behavioral changes like smoking, food, dieting habits, alcoholisms and drug addiction.

**C:** Intervention at working Environment: avoidance of organizational related equipment related, process related and product related risks. Safety measure. Periodic medical examination first aids.

## **Health Care Delivery System and National Health Policies**

Health care delivery system –primary Health care, secondary care, Tertiary Health care, primitive Health Care, Preventive Health Care, Curative Health Care, Rehabilitative Health Care.

Concepts of : Social medicine, Socialized medicine, Preventive medicine, Community medicine, Public Health.

### Health Policies in India

- (i) Provision for Health in Constitution of India.
- (ii) Health Administration and Management at Different Levels in India

### Organization of Health Care Delivery System

- (1) Village Level
  - (i) Trained Birth Attendants.
  - (ii) Village Health Guides.
  - (iii) Anganwadi Workers.
- (2) Sub- centre Level
  - (i) Female Health Workers
  - (ii) Male Health Workers and their functions.
- (3) Spectral Level:
  - (i) Male Health Supervisors
  - (ii) Female Health Supervisors.
- (4) Primary Health Centre
  - (i) Organization, staffing and Functions.
- (5) Community Health Centre
  - (i) Organization, Staffing and Functions.
- (6) Sub- divisional Level.
  - (i) Sub- divisional Hospital.
- (7) District Level
  - (i) District health Organization, Staffing and its Functions.
- (8) State Level
  - (i) Health Department, Directorates.
- (9) National level
  - (i) Ministry of Health Government of India
  - (ii) National Health Programme.
  - (iii) Referral and Apex Health Institutions and Laboratories.

## **HOSPITAL ORGANISATION (ADMINISTRATION)**

- (i) Management Functions and its Applications.
- (ii) Hospital- Definition.(WHO)
- (iii) Types of Hospital (Government, Private, Voluntary Organization etc.)
- (iv) Hospital Services (OPD/Indoor/ Emergencies).
- (v) Returns, Reports and Records in Hospital (Indent Books, Registers, Log Books etc.).
- (vi) Hospital and Community Hospital Hazards.

## **FOOD AND NUTRITION**

- (i) Elementary idea on nutrition
- (ii) Basic knowledge of Vitamins, Hormones and Minerals with trace deficiency disease.
- (iii) Nutritional disorders

## **HEALTH EDUCATION**

- (i) Personal Hygiene.
- (ii) Aims and Objectives of Health Education
- (iii) Communication media

## **FIRST –AIDS**

- (i) Definition
  - (ii) Simple First –Aid and Kit Material etc.
  - (iii) Medical and Surgical Emergencies (Shock, Come and its Management).
  - (iv) Control of Bleeding
  - (v) Splinting injured Patients
  - (vi) Transportation of injured.
  - (vii) Immediate First- aid to Drowning and Burnt Patients.
- (1) Health , Disease and Environment:
- (i) Assessment of Sanitary quality of water.
  - (ii) Chlorine demand of water
  - (iii) Disinfection of water (Well) by use of bleaching power; use of Chlorine tablet for disinfection of water in small container.
  - (iv) Demonstration of Dry and Wet bulb thermometer, cater thermometer, Maximum-
  - (v) Minimum thermometer for comfort condition.

## **Field Work**

Survey of village respect to the following social and environmental aspects:

- (i) Population (Grouping of Age, Sex, Occupational)
- (ii) Prevalence of disease
- (iii) Food and nutrition Practices

## **Awareness of Cause of Following Diseases**

- (i) Diarrhea
- (ii) Measles
- (iii) Night- blindness
- (iv) Angular stomatitis
- (v) Fever
- (vi) Scabies

## **Awareness of Health Services Available**

- (i) Village level work
  - (ii) Sub- centers
  - (iii) Primary health Centers
  - (iv) Other local Practitioners
  - (v) Immunization status
  - (vi) Water disposal Practice including human excreta.
  - (vii) Sources of water, their collection, storage and use.
- (2) Health care Delivery System and Hospital Organization Field Visits:

## Field Visits

- (i) Visit to a Sub- centre
- (ii) Visits to Primary Health Centre
- (iii) Visit to Community Health Centre
- (iv) Visits to District Hospital / Medical College Hospital :
- (v) OPD and dispensing section, Indoor- ward.
- (vi) Causality, Blood bank, Clinical Laboratory.
- (vii) Immunization Centre, Kitchen, Hospital refuse disposal, Rehabilitation Centre, Central sterilization, Record section.
- (viii) Visit to medical College.
- (ix) Anatomy Museum, Physiology Laboratory, Pathology museum.

## (3) Food & Nutrition

Identification of the following food items and their nutrition:

Cereals, Pulses, egg, milk, fruits, green and leafy vegetables, nuts, meat, fats and oils

Demonstrations of destiny charts.

## (4) First- Aid

- (i) Identification of first-aid kit and its contents
- (ii) Different type of bandaging and splinting.

## PAPER-I (PRACTICAL)

### Health, Disease and Environment

Assessment of sanitary quality of water, Chlorine demand of water, Disinfection of water (well) by use of bleaching powder, use of tablet for disinfection of water in small container. Demonstration of dry wet bulb thermometer, kata thermometer, maximum- minimum thermometer for comfort condition.

Field work: Survey of a village with respect to the following social and environmental aspects: Population (grouping of age, sex, occupation), Prevalence of disease, food and nutrition practice, awareness of health services

Village level workers, sub-centre, Primary health centers, Other local Practitioners, Immunisation status, wastes disposal practice including human excreta, source of water, their collection, storage and use.

### Health Care Delivery System and Hospital Organization

Field visits to: A sub centers, community health centre, district hospital/ medical college. Hospital: OPD and dispensing section, Indoor ward casualty Intensive care unit. Blood bank, clinical laboratory, immunization centre, hospital refuse. Anatomy museum, Physiology.

### Food and Nutrition

Identification of the following food items and nutritive values, cereals, pulses, egg, milk, fruits, green and leafy vegetables, fish. Demonstration of dietary chart for different physiological states such as pregnant women, lactating mother.

### First-Aid

Identification of first aid kit and its contents, Different type of bandaging and splinting.

## PART-II(THEORY)

(Anatomy: General Introduction to Human Anatomy and physiology)

### Definition of Anatomy

- (i) Definition of topographic terms/ terms used to describe the body.

- (ii) Cells and Tissues of Body
- (iii) Anatomical Description of:
- (iv) Skin
- (v) Osteology (Bone structure, individual bones)
- (vi) Joint structure, joints of upper and lower limbs, ligaments, Fascia and Bursa.
- (vii) Musculo Skeletal (Upper and lower extremities).
- (viii) Cardiovascular system
- (ix) Lymphatic system ( Structure, Function, Lymphatic glands)
- (x) Respiratory system (Respiratory passages and organs)
- (xi) Digestive system (Elementary canal structure)
- (xii) Urogenital system (male and Female Organs, Kidney structure)
- (xiii) Endocrinal system (name, Location and Functional)
- (xiv) Sensing organs (Eye, Nose and Ear)
- (xv) Central Nervous system
- (xvi) Physiology (Functions and Mechanism of):
- (xvii) Digestion
- (xviii) Respiratory
- (xix) Circulation
- (xx) Excretion
- (xxi) Nervous System
- (xxii) Role of Endocrine glands
- (xxiii) Physiology of thermoregulation
- (xxiv) Physiology of Blood
- (xxv) Reproduction (genitor- urinary system)
- (xxvi) Vision, Hearing and Speech.

# DIPLOMA IN FOOD INSPECTOR

## UNIT-I: HEALTH PROBLEM

Communicable disease problem  
Environments sanitation problems  
Nutritional problems  
Health problems and related to socio-economic factors, poverty, illtaracy  
Population problems and health  
Health problems in relation to economy and productivity  
Heath problems and quality of life  
Health workers role in prevention and control of health problems.

## UNIT-II: Organzation and structure of health services and related welfare services

Health services, at Central, State, District, Talaq, Tahsil and village level.  
Rural health services, primary Health centre and sub centre  
Urban health services-health units in corporations and municipal boards, Of  
Health services.  
Supplemental health services-Indigenous medical practioners,traditional

Healers

And private practitioners.  
Voluntary health agencies  
International agencies- WHO, UNICEF,FAO  
Social welfare services and programmes.

## UNIT-III: Health planning and programmes

Five year plans-health sub-sectors in Five year plans, Implementantion of  
health  
Plans at village,district,state and national level.  
Major health programmes related to malaria,filarial,Tuberculosis,Leprosy  
Trachoma Venereal Disease, goiter  
Water supply and sanitation and family welfare Nutrition programmes  
Role of health worker in executing national health plans & programmes  
Identifying functions of Health workers in relations to major national health  
Plans and programmes  
Health worker responsibilities at village level, sub-centre level in  
Implementation  
Of health plans and programmes  
Co-operative and co-coordinating with members of health team, social welfare  
team, village community, and community development team.

