

Tamil Nadu Public Service Commission
Syllabus
Home Science, Nutrition and Dietetics
(Degree standard)

Code: 586

Unit I: Resource Management (20 Questions)

- a) Principles of resource management, classification of resources, Management of resources in family – Time, energy, money.
- b) Interior design & interior decoration - concept and meaning, basic design fundamentals – classification of designs, elements of design – Harmony, balance, proportion and emphasis.
- c) Colour – sources, theories, concept and classification of colour schemes. Application of colour's in Interior space – Prang colour and Munsell Colour system's.

Unit II: Textile and Clothing (20 Questions)

- a) Textile fibers, classification of fibers – Man made and natural fibers, types of textile fabrics – staple, filament, tow and it's applications.
- b) Weaving terminologies - warp, weft, grain, fabric count, weaving process – shedding, picking, beating, let off & take up
- c) Knitting terminologies – wales, courses, stitch density, count, gauge and cuts

Unit III: Human Development (20 Questions)

- a) Growth and development – Meaning, distinction, and factors influencing;– Theories of Human behaviour of development – Cognitive theories and Psycho – analytic theories
- b) Prenatal development; Infancy – Characteristics and early adjustments; Early and late childhood – Characteristics, developmental tasks and milestones, habit formation, behaviour problems and discipline; Adolescence – Characteristics, developmental tasks and milestones, physiological and psychological challenges.
- c) Childhood Interests; Play; Personality development; Family relationships; Developmental delays and Children with special needs.

Unit IV: Extension (20 Questions)

- a) Principles of extension – meaning, process, scope and steps in extension education, functions and classification of extension methods in the community.
- b) Rural communication – concept, nature and scope of rural communication, communication for individual group and mass contact – types and methods.
- c) Schemes for Women and Child Welfare – Janani Siksha Suraksha Karyakram, Muthulakshmi Reddy Maternity Benefit Scheme, CM Girl Child Protection Scheme, Cradle Baby Scheme, Puthumai Penn Scheme, Mahalir Urimai Kappitu Thittam.

Unit V: Community Development and Public Health (20 Questions)

- a) Community based institutions – Village panchayats, schools, primary and secondary health centres – objectives and functions.
- b) Women and child health wellbeing – Reproductive health - Menstrual hygiene, Polycystic Ovarian Syndrome (PCOS), pregnancy and lactation – lactation guidelines, breast feeding, breast milk – composition, colostrum – importance and need, bottle feeding vs breast feeding – advantages. Best weaning and supplementary feeding

practices. Nutrition education – Methods, planning, implementation and evaluation of the nutrition education programmes.

- c) Nutritional programmes and Schemes – Integrated Child Development Services (ICDS), Mid Day Meal Programme, Poshan Maah, Breast Feeding Week, Anemia Mukht Bharat, Poshan Abhiyaan and PM Poshan.

Unit VI: Food Science (20 Questions)

- a) Food groups – basic and functional food groups, Cooking methods - physico-chemical changes
- b) Nutritive value of cereals, pulses, vegetables and fruits, milk and milk products, fleshy foods and egg
- c) Nutraceuticals and functional foods – Classification and uses.

Unit VII: Principles of nutrition (20 Questions)

- a) Energy – Sources, Carbohydrates, fats and proteins – Sources, functions, digestion, absorption and metabolism, effects of deficiency, Assessment of nutritional deficiency.
- b) Vitamins and minerals – Classification, functions, assessment of deficiency and toxicity.
- c) ICMR Nutritional requirements for different age groups, pregnancy and lactation.

Unit VIII: Diet therapy (20 Questions)

- a) Etiology, signs and symptoms and dietary modifications for fever and infections gastrointestinal disorders and liver diseases.
- b) Etiology, sign and symptoms and dietary modifications for diabetes mellitus, obesity, under weight, cardiovascular disorders.
- c) Etiology, sign and symptoms and dietary modifications for renal disorder, cancer and allergies, classification of therapeutic diet types and feeding in pre and post operative conditions.

Unit IX: Food Service Management (20 Questions)

- a) Types of food service institutions, Organisation – Types and Principles, Management – Principles, tools and techniques.
- b) Personnel management – Selection, induction, training and supervision, motivation and performance appraisal. Quantity cookery – Purchasing storage, production, pricing and cost control measures.
- c) Sanitation and safety – Hazard Analysis Critical Control Point (HACCP) – Importance, objectives, guidelines, procedures and personal hygiene and significance of sanitation for health care providers and work area hygiene, safety measures in food services.

Unit X: Food security, food safety and quality control (20 Questions)

- a) SDG goals, prevention of nutritional deficiency disorders, National prophylactic measures.
- b) Quality control – Principles and stages of quality control, Adulterations – Types, tests to detect adulterants. Food standard authorities – Food Safety and Standards Authority of India (FSSAI) – Structure and function, Role of Food Safety Officer, Designated Officer, Food Commissioner.
- c) Food safety – Food borne illness transmitted through food and water, Factors affecting growth of microorganisms. Source of food contamination and their preventive measures, Food infection - preventive measures.