



## **Government of Tamilnadu**

### **Department of Employment and Training**

Course : TNPSC Group II Exam

Subject : Zoology

Topic : **Health & Hygiene**

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**Department of Employment and Training.**



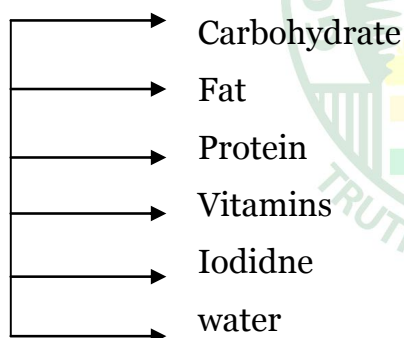
# HEALTH & HYGINE

- Average 70 kg man will content the followings in body (in grams)

Water	-	41, 400	Mg	-	21
Fat	-	12,600	Cl	-	85
Protein	-	12,600	P	-	670
Carbohydrate	-	300	S	-	112
Na	-	63	Fe	-	3
K	-	150	I	-	0.014
Ca	-	1160			

- For body growth, protection and various physiological activities energy should be derived from food.

## Nutrition types :



## Types of foods :

a) bodybuilders	-	Protein	-	4.3/ gm
b) energy producers	-	Carbohydrate	-	4.1 / gm
c) stored energy	-	Fat	-	9.3 / gm

◆.....◆  
**Food materials :**

S.N	Food Materials	Ingradients	Uses
1.	Rice, wheat, sugar, potata	Carbohydrate	energy producers
2.	Oil, butter, ghee	Fat	stored energy
3.	Egg, milk, soya, grams, fish, meat	Protein	bodybuilders
4.	Vegetable, meat, fish, egg	Iodidne	regulators
5.	Fruits, vegetable.	Vitamins	Protection
6.	Water	Water	Transport medium;

**Ingredients in 100 grams of nutritive food :**

Food materials	Carbohydrate (gm)	Protein (gm)	Fat (gm)
Millets	70	10	0
Grams	60	20	0
soya	20	40	20
Fruits, vegetable	10	1	0
milk	3	4	4
egg	0	13	13
meat, fish	0	20	0
ghee	0	0	100
sugar	100	0	0

nuts	20	20	50
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### Composite food :

- The food which is essential for body growth should be having .  
Carbohydrate, Fat > Protein, water & Vitamins.

Works	Indian % man			Indian % woman		
	sedentary work	Moderate work	heavy work	sedentary work	Moderate work	heavy work
Basal activities	460	460	460	354	354	354
Non working activities	1220	1220	1220	826	526	526
working activities	750	1100	2200	610	900	1800
Total	2430	2780	3880	1790	2080	2980

### BMI - Body Mass Index

$$\text{BMI} = \frac{\text{body weight (kg)}}{\text{height (meter}^2\text{)}}$$

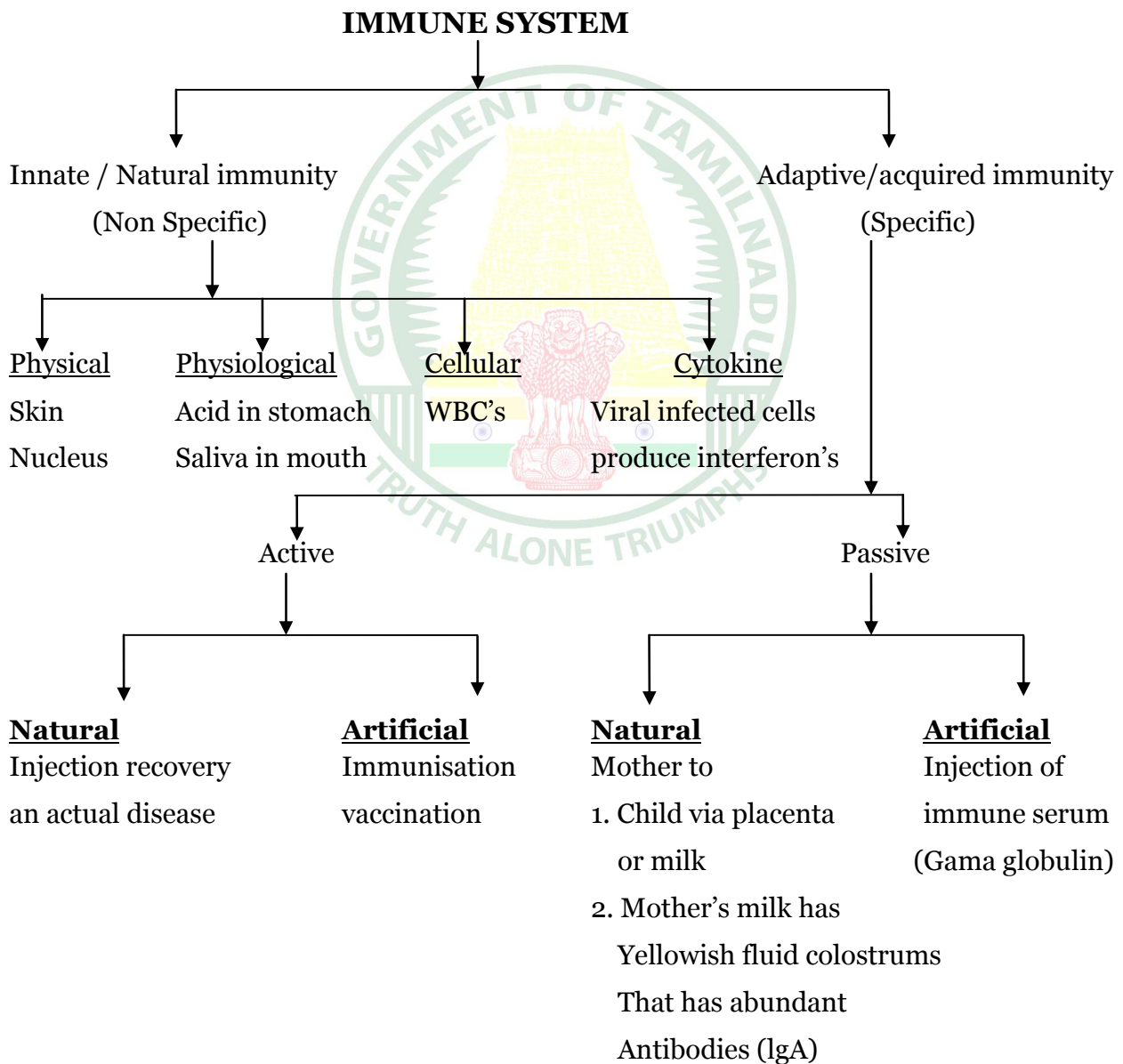
- 1) 18.5 - 24 - 9 - correct weight
- 2) Below 18 - low weight
- 3) 25 - 30 - excess weight
- 4) Above 30 - obesity

- Sidha medicine : Agasthiar - Father of sidha medicine
- Ayurvedic medicine : Charaka - Father of Ayurvedic medicine
- Homoeopathy medicine : Samueval hennman - Father of Homoeopathy medicine

- Unani medicine : Hippocrates - Father of Unani medicine
- Yoga : Pathanchali - Father of yoga medicine

### National Institutes

Siddha	-	Tamilnadu
Ayurveda	-	Jaipur
Homeopathy	-	West Bengal
Unani	-	Bengaluru, Karnataka
Yoga	-	Delhi



## VACCINES

AGE	VACCINE
New born boby	BCG
15 days	Polio
6 <sup>th</sup> week	Tripleantigen
10 <sup>th</sup> week	Tripleantigen+ Polio
14 <sup>th</sup> week	DPT + Polio
9 -12 month	Measles
18 - 20 month	DPT + Polio
1 - 2 years	MMR
2 - 3 years	Typhoid
4 - 6 years	DT + Polio
10 - years	TT + typhoid
16 - years	TT + typhoid