

First Handbook on Healthcare
First Handbook on Healthcare

(Hygiene and Nutrition)

Contents

- ◆ Introduction to the series
- ◆ Acknowledgements

Part I – Hygiene

Chapter 1 Importance of Hygiene

Chapter 2 Environmental Hygiene

- i) Disposal of waste
- ii) Sanitation
- iii) Housing
- iv) Clean Water
- v) Insects

Chapter 3 Personal Hygiene

- i) Body
- ii) Teeth
- iii) Hands
- iv) Food

Part II – Nutrition

Chapter 4 Importance of Nutrition

Chapter 5 Various nutrients, their function and sources.

Chapter 6 Nutritional requirement during various stages of life cycle

Chapter 7 Cooking of food

Chapter 8 Improving household food supply

Annex I Compost Making

Annex II Sanitation