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|---------------|----------------------------|----------------------------|-------------------------|
| Course title  | <b>Basics of dietetics</b> | Instructor                 | <b>Determined later</b> |
|               |                            | Instructor's email address |                         |
| Semester      | 2                          | ECTS credits               | 5/3                     |
| Academic year | 2019/2020                  | Contact hours              | 15 X 30 □               |
| Level         | 1-Bachelor X 2 - Master □  | Language of instruction    | English                 |

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| <b>Learning outcomes and competences</b>                                                |
| At the end of the course the learner is expected to be able to:<br><br>Determined later |

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| <b>Course contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                |
| Course contents<br><ol style="list-style-type: none"><li>1. Definition of basic nutrients.</li><li>2. Proteins.</li><li>3. Carbohydrates,</li><li>4. Lipids.</li><li>5. Fattic acids.</li><li>6. Amino acids.</li><li>7. Vitamins I</li><li>8. Vitamins II</li><li>9. Macroelements.</li><li>10. Microelements.</li><li>11. Water/liquids in feeding.</li><li>12. Nutritional questionnaire</li><li>13. Nutritional status.</li></ol> |



14. Food allergy and food intolerance.
15. Popular diets.
16. Vegetarian diet.

#### Recommended reading

**Oxford Handbook of Nutrition and Dietetics J. Gandy 2011**

#### Teaching and learning methods

Lectures, presentations.

#### Assessments methods

- 1) Students presentations**
- 2) Seminary discussion**
- 3) Test assessment**