

NAME OF THE COURSE		Essentials of the Mediterranean Diet					
Code	PBM544	Year of study					
Course teacher	Professor Valerija Dunkić	Credits (ECTS)		2			
Associate teachers	Marija Nazlič, assistant	Type of instruction (number of hours)		L	S	E	F
				15	15		
Status of the course	Elective	Percentage of application of e-learning		10%			
COURSE DESCRIPTION							
Course objectives	The goal of the course is to teach students the basic principles of proper nutrition and the specifics of the Mediterranean diet, and to develop knowledge of the nutritional values of the Mediterranean diet.						
Course enrolment requirements and entry competences required for the course	Passed the examination of the General Botany or Botany						
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>Student will be able to:</p> <ul style="list-style-type: none"> - Know the basic characteristics of the Mediterranean diet. - know the nutritional value of the Mediterranean diet - the effects of the Mediterranean diet on health - use scientific and professional literature with the aim of improving knowledge of the Mediterranean diet 						
Course content broken down in detail by weekly class schedule (syllabus)	<p>Lectures</p> <p>3 hrs History of nutrition and health science, basic food components and their role in proper nutrition,</p> <p>3 hrs Pyramid of the Mediterranean diet</p> <p>3 hours Mediterranean foods of plant and animal origin</p> <p>3 hrs The role and distribution of Mediterranean plants</p> <p>3 hrs Mediterranean nutritional factors, the economic, social, psychological, cultural and health aspects</p> <p>3 hrs Seminar Macro and Micronutrients from Food</p> <p>3 hrs Seminar Spices and Herbs in the Mediterranean Diet</p> <p>3 hrs Seminar Mediterranean Nutrition and Health</p> <p>3 hrs Seminar Menus based on the principles of the Mediterranean Diet</p> <p>3 hrs Seminar Relationships of different population groups to the Mediterranean Diet</p>						
Format of instruction	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work			<input type="checkbox"/> independent assignments <input type="checkbox"/> multimedia <input checked="" type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)			
Student responsibilities	70% attendance at lectures 100% completed seminar						
Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is	Class attendance	1	Research		Practical training		
	Experimental work		Report		(Other)		
	Essay		Seminar essay	1	(Other)		
	Tests		Oral exam		(Other)		

<i>equal to the ECTS value of the course)</i>	Written exam		Project		(Other)	
Grading and evaluating student work in class and at the final exam	Grading by written examination 60% insufficient (1) ≥ 60% adequate (2) ≥ 70% good (3) ≥ 80% very good (4) ≥ 90% excellent (5).					
Required literature (available in the library and via other media)	Title			Number of copies in the library	Availability via other media	
	Vildana Alibabić • Ibrahim Mujić, Pravilna prehrana i zdravlje, Veleučilište u Rijeci, Rijeka, 2016					
	Joy Bauer, Nutricionizam, Hena.com, 2005					
Optional literature (at the time of submission of study programme proposal)	The Essential Mediterranean Cookbook (Essential Cookbook)					
Quality assurance methods that ensure the acquisition of exit competences	Methods Quality assurance will be performed at three levels: (1) University Level, (2) Faculty Level by the Commission for Quality Control, (3) Teaching Level					
Other (as the proposer wishes to add)						