

INAME OF THE COURSE		Introduction to Nutrition				
Code	PMB736	Year of study	1			
Course teacher	Ivica Ljubenkov, PhD, Associate Professor; Valerija Dunkić, PhD, Professor	Credits (ECTS)	3			
Associate teachers	Barbara Soldo, PhD; Assistant Professor Marija Nazlić, mag. educ. biol. et chem.	Type of instruction (number of hours)	L	S	E	F
			15	15		
Status of the course	Elective course	Percentage of application of e-learning	10%			
COURSE DESCRIPTION						
Course objectives	The objective of the course is to teach students the basic principles of proper nutrition, the characteristics of traditional nutrition, to explain the meaning of declarations on products					
Course enrolment requirements and entry competences required for the course	None.					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<ul style="list-style-type: none"> <li>• Describe the course of development of the food science and human nutrition</li> <li>• Identify the basic features of nutrition for the purpose of quality nutrition</li> <li>• Explain principles of nutrition planning, basic principles of proper nutrition, declarations on food products</li> <li>• Use scientific and professional literature to advance nutrition knowledge</li> </ul>					
Course content broken down in detail by weekly class schedule (syllabus)	<p><b>Lectures:</b></p> <ol style="list-style-type: none"> <li>1. History of Food Science, Fundamentals of structure and function of human digestive organs, Fundamentals of physiology and biochemistry of nutrition, Basic ingredients of food and their role in proper nutrition. (3 hours)</li> <li>2. Food choices and combinations in the daily menu, Daily energy needs in humans, Consumer attitudes towards food, Basic rules of healthy eating, Basic principles of diet, Nutrition of individual population groups. (3 hours)</li> <li>3. Biologically active substances in food, Toxicological aspects in food preparation, Methods for assessing food quality, Impact of nutrition on organic systems. (3 hours)</li> <li>4. Macronutrients and micronutrients, vitamins and minerals in the diet, Mediterranean diet and olive oil/wine, How to prevent obesity and other chronic noninfectious diseases, Diet for weight loss. (3 hours)</li> <li>5. Food safety, Organic food production and processing, Factors affecting diet: economic, social, psychological, cultural and health aspects. (3 hours)</li> </ol> <p><b>Seminars:</b></p> <ol style="list-style-type: none"> <li>1. Nutrition and Nutritionists (3 hours)</li> <li>2. Nutrition History (3 hours)</li> <li>3. History of Food Science (3 hours)</li> <li>4. Global Nutrition Challenges (3 hours)</li> <li>5. Attitudes of different populations towards nutrition (3 hours)</li> </ol>					
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"/> independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor			

	<input type="checkbox"/> field work		<input type="checkbox"/> (other)			
Student responsibilities	70% attendance at lectures, 100% seminar completed					
Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)	Class attendance	1	Research	1	Practical training	
	Experimental work		Report		(Other)	
	Essay		Seminar essay		(Other)	
	Tests		Oral exam		(Other)	
	Written exam	1	Project		(Other)	
Grading and evaluating student work in class and at the final exam	Forming grade after written exam <60% insufficient (1); ≥ 60% sufficient (2); ≥ 70% good (3); ≥ 80% very good (4); ≥ 90% excellent (5)					
Required literature (available in the library and via other media)	<b>Title</b>			<b>Number of copies in the library</b>	<b>Availability via other media</b>	
	Maureen Zimmerman, Beth Snow, 2012. An Introduction to Nutrition				<a href="https://open.umn.edu/opentextbooks/textbooks/an-introduction-to-nutrition">https://open.umn.edu/opentextbooks/textbooks/an-introduction-to-nutrition</a>	
Optional literature (at the time of submission of study programme proposal)	Literature in Croatian: -Vildana Alibabić, Ibrahim Mujić, Pravilna prehrana i zdravlje, Veleučilište u Rijeci, Rijeka, 2016 -Joy Bauer, Nutricionizam, Hena.com, 2005.					
Quality assurance methods that ensure the acquisition of exit competences	Quality and performance monitoring will be performed at three levels: (1) university, (2) faculty, using the Teaching Quality Control Committee, (3) the teacher level.					
Other (as the proposer wishes to add)						