

Information sheet for the course Food Hygiene I.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>HygVyz1/d</i>	Course unit title: <i>Food Hygiene I.</i>
Type of course unit: <i>compulsory</i>	
Planned types, learning activities and teaching methods: <i>Lecture: 2 hours weekly/26 hours per semester of study; full-time</i> <i>Seminar: 1 hour weekly/13 hours per semester of study; full-time</i> <i>Supervised practical output: 2 hours weekly/26 hours per semester of study; full-time</i>	
Number of credits: <i>2</i>	
Recommended semester: <i>3rd semester in the 2nd year (full-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: <i>none</i>	
Assessment methods: <i>To obtain credits for the course, a student must pass an oral examination and write a seminary work (100 points).</i> <ul style="list-style-type: none"> - <i>Seminary work designed for a situation model (25 points).</i> - <i>Oral examination (75 points).</i> <i>To obtain A, a student must score at least 90 points, to obtain B, a student must score at least 80 points, to obtain C, a student must obtain at least 70 points, to obtain D, a student must obtain at least 60 points, and finally to obtain E, a students must to obtain at least 50 points.</i>	
Learning outcomes of the course: <i>A student has a basic knowledge of life processes substances exchange, meaning and function of different nutrients and micronutrients for human body. A student can describe the principles of correct / healthy nutrition and design nutrition aiming at the prevention of certain diseases.</i>	
Course contents: Lectures: <ol style="list-style-type: none"> 1. <i>Characteristics and concept of the field physiology of nutrition.</i> 2. <i>Basic concepts in nutrition. Energy and biological value of food.</i> 3. <i>Significance of particular nutrients in the diet. Proteins, carbohydrates, lipids.</i> 4. <i>Vitamins, their need and sources.</i> 5. <i>Macroelements, microelements.</i> 6. <i>Water, regulation of fluid and electrolyte balance.</i> 7. <i>Determination of the nutritional status of selected population groups, monitoring of food consumption.</i> 8. <i>Nutrition of adults, and principles of good nutrition.</i> 9. <i>Nutrition of selected groups: in elderly, in pregnant women, during lactation, and sports nutrition.</i> 10. <i>Unbalanced consumption of food.</i> 11. <i>Nutrition in the prevention of diseases of the digestive system.</i> 12. <i>Nutrition in the prevention of excretory system diseases, bone diseases in various diseases – excretion system disorders, bone diseases.</i> 13. <i>Hospital dietary system – services.</i> Seminars: <ol style="list-style-type: none"> 1. <i>The need for energy, methods of monitoring of energy expenditure.</i> 2. <i>Determination of nutritional status, nutritional history, anthropometric examinations.</i> 3. <i>Determination of nutritional status - laboratory tests.</i> 	

4. *Project – monitoring the nutritional status of the population, a questionnaire design.*
5. *Project – monitoring the nutritional status of the population, processing and evaluation.*
6. *Student presentations and panel discussions of the selected problems.*
7. *Student presentations and panel discussions of the selected problems.*
8. *Student presentations and panel discussions of the selected problems.*
9. *Recommended nutritional benefits for the selected group – adults and pregnant women.*
10. *Recommended nutritional benefits for the selected group – situation models.*
11. *Nutrition and nutritional supplements in the prevention of chronic non-infectious (non-communicable) diseases – situation models.*
12. *Student presentations and panel discussions of the selected problems.*
13. *Student presentations and panel discussions of the selected problems.*

Recommended of required reading:

1. *ROVNÝ, I., ONDREJKA, J., TRUSKOVÁ, I. 2004. Hygiena výživy. Bratislava : SZU, 2004. 217 s. ISBN 80- 89171-16-8.*
2. *BEŇO, I. 2008. Náuka o výžive. Martin : Osveta, 2008. 145 s. ISBN 80-8063-126-3.*
3. *KOHOUT, P., RUŠAVÝ, Y., ŠERCLOVÁ, Z. 2010. Vybrané kapitoly z klinické výživy I. Praha : Forsapi 2010. 184 s. ISBN 978-80-87250-08-2.*
4. *JURKOVIČOVÁ, J. 2005. Vieme zdravo žiť? Bratislava : LFUK, 2005. 166 s. ISBN 80-223-2132-x.*

Language: *Slovak*

Remarks:

Evaluation history:

A	B	C	D	E	FX

Lectures: MUDr. Ľudmila Bučková, MPH.

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