

Study program: Management of food technology and gastronomy			
Course name: Nutrition science			
Professor: Associate professor Angela M. Vasileska, PhD Tatjana M. Đekić, PhD			
Subject status: compulsory course			
ECTS: 6			
Requirements: no requirements			
Aim of the course The aim of the course is to familiarize the students with food products and gain the necessary knowledge about nutrition and its importance.			
Outcome of the course After successfully completing the course students will be able to recognize the importance of proper nutrition, the consequences of improper diet and the influence that certain foods have on human organism.			
Content of the course <i>Theoretical lectures</i> Nutrition; The importance of nutrition; The characteristics of food products; The contents of food products; The energy and physiological value of food; Operations with food preparation; Spoilage of food products; Foods of plant origin; Foods of animal origin; Strong alcoholic drinks; Non-alcoholic drinks. <i>Practical course work</i> Proper nutrition; Improper nutrition; Foods of plant and animal origin; Proteins, fats and carbohydrates, water, minerals and vitamins; The share of particular components in the realization of energy value of meals; Products rich in carbohydrates, fats and oils, fruits and vegetables; Meat, fish, milk, eggs and their products; Types and quality of beverages on the market.			
Literature Primary literature <ul style="list-style-type: none"> • Грујић, Р. <i>Наука о исхрани човека</i>, Технолошки факултет, Бања Лука, 2000. • Ђуришић, Б. <i>Исхрана</i>, ВХШ, Београд, 2010. • Ђуришић, Б. <i>Масовна исхрана</i>, ВХШ, Београд, 2009. Additional literature <ul style="list-style-type: none"> • Гондер, У. <i>Исхрана</i>, Лагуна, 2012. • Мајкл Ф. Ројзен, Мехмет Ц. <i>Оз Ваше тело – дијете и здрава исхрана</i>, Чаробна књига, 2009. 			
Total number of active teaching classes		Lectures: 30	Practical course work: 30
Teaching methods Lectures; practical course work, presentations of good examples of professional practice, case studies, preparation and presentation of term papers.			
Evaluation (maximum points 100)			
Pre-exam activities	Points	Final exam	Points
active participation in lecture classes	5	Written exam	
active participation in practical course work	5	Oral exam	45
Colloquium	30	
Term papers	15		