

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	Nutriceutiki in sodobni trendi v prehrani
Course title:	Nutraceuticals and New Trends in Nutrition

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Biomedicinska tehnologija/Biomedical Technology 3. stopnja/3rd Degree		2	3 ali 4

Vrsta predmeta / Course type

Izbirni/Elective

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. Delo Individ. Work	ECTS
15	30				105	5

Nosilec predmeta / Lecturer:

Prof. dr. Dušanka Mičetić-Turk

Jeziki /

Predavanja / Lectures: Slovenščina/Slovene

Languages:

Vaje / Tutorial: Slovenščina/Slovene

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites:

Kandidat mora doseči 300 ECTS na predhodnem študiju.

Graduate degree 300 ECTS

Vsebina:

Content (Syllabus outline):

- Zgodovina prehrane.
- Vrste prehrane: uravnotežena, varna, varovalna, priporočena, alternativna prehrana, klinična prehrana (enteralna in parenteralna).
- Nutraceutiki
- Vitamini
- Elementi v sledovih
- Deficitarna stanja
- Raziskave na področju prehrane
- Prehrana kot dejavnik tveganja pri nastanku bolezni.
- Dodatki v prehrani.
- Aditivi in kontaminanti hrane.
- Hranilne in energijske potrebe človeka.
- Ocena stanja prehrane in prehranjenosti prebivalcev (ocena prehranskega statusa).
- Planiranje prehrane v zdravju posebno ogroženih skupin prebivalcev.
- Prehrana in promocija zdravja.
- Prehrabene navade in razvade ljudi.

- Nutrition history
- Type of nutrition: balanced, safe, recommended, alternative nutrition, clinical nutrition (enteral and parenteral nutrition)
- Nutraceuticals
- Vitamins
- Elements in traces
- Deficit status
- Research on the nutrition area
- Nutrition as risk factor at disease origin
- Nutrition additives
- Additives and contaminants in nutrition
- Nutrition and energy needs
- Nutrition state and nourishment evaluation (evaluation of nutrition status)
- Planning the nutrition of health threatened people
- Nutrition and health promotion
- Nutrition habits and bad habits

Prehrana postaja v sodobnem svetu vedno bolj pomembna veja znanosti, ker prodira med najbolj komplicirane mehanizme našega življenja in počutja. Pestra prehrana sodi v posebno obliko sodobne in zdrave prehrane, ker je pri taki prehrani tudi najmanj mogoče, da pride do pomanjkanja posameznih življenjsko pomembnih hranil.

In modern world the nutrition is becoming very important branch of sciences. It penetrates in most complicated mechanisms of our lives. Variety of nutrition is a special part of kind of modern and healthy nutrition, because with this kind of nutrition lack of life important substance is not possible. Planning of this kind of nutrition requires a lot of knowledge, experiences and ability of adaptation to valid

Načrtovanje take prehrane zahteva veliko znanja, izkušenj in sposobnosti prilagajanja veljavnim predpisom, smernicam evropske skupnosti in priporočilom svetovne zdravstvene organizacije. Za dosego teh ciljev se uporabljajo v praksi različne računalniške metode, modeli, prehrabene tablice ali živilske banke podatkov in statistične metode za vrednotenje hranilne in energijske vrednosti obrokov oziroma prehrabnih navad tako zdravih kot bolnih ljudi.

regulations, guidelines of European society and recommendations of world health organization. For accomplishment of this goals in practice we use different computer methods, models, nutrition tables and data of nutrition bank and statistical methods for evaluation of nutritive and energetic value of meals or the nutritive habits of healthy and sick people.

Temeljni literatura in viri / Readings:

- Jason O'Neale Roach. Metabolism and nutrition, London, Elsevier Science: Mosby, 2003
- Victor R Preedy, George Grimble, Ronald Watson. Nutrition in the infant: problems and practical procedures, London: Greenwich Medical Media, 2001
- Cataldo, Corinne Balog. Nutrition and diet therapy: principles and practice, Belmont, CA: Wadsworth/Thomson Learning, 2003
- Human nutrition and dietetics, Livingstone, 2000
- Holden, Cris. Nutrition and child health, Edinburgh, 2000
- Insel, Paul M. Discovering nutrition, Jones and Bartlett Publishers, 2003
- Brown, Judith E. Nutrition now, Belmont, 2002
- Whitney Eleanor Noss, Understanding normal and clinical nutrition, Belmont Wadsworth, 2002
- Bray George A. An atlas of obesity and weight control, Boca Raton: Parthenon Pub. Group, 2003
- Vaughan John Griffith, The Oxford book of health foods, Oxford University Press, 2003
- International Congress of Nutrition, Modern aspect of nutrition: present knowledge and future perspectives, Basel: Karger, 2003
- Van Way, Charles W. Nutrition secrets, Hanley&Belfus, 1999
- Lang Sandra, Breastfeeding special care babies, Edinburgh: New York: Bailliere Tindall, 2002
- Rugg-Gunn, Andrew J. Nutrition, diet, and oral health, Oxford University Press, 1999
- Handbook of nutrition in the aged, Boca Raton: CRC Press, 2001
- Total parenteral nutrition: a practical guide for nurses, Edinburgh: Churchill Livingstone, 2000
- Handbook of nutrition and food, Boca Raton, Fla: CRC Press, 2002
- Advanced nutrition: macronutrients, Boca Raton: CRC Press, 2000
- Handbook of nutraceuticals and functional foods, Boca Raton: CRC Press, 2001
- Parizkova, Jana. Childhood obesity: prevention and treatment, Boca Raton: CRC Press, 2001
- CRC handbook of dietary fiber in human nutrition, Boca Raton: CRC Press, 2001
- Srečanje pediatrov v Mariboru z mednarodno udeležbo, Maribor, Zbornik predavanj, 2003
- Vitamini i minerali u dječjoj dobi, Zagreb: Klinika za dječje bolesti Zagreb, 2004
- Referenčne vrednosti za vnos hranil, Ministrstvo za zdravje, Ljubljana, 2004
- Pokorn Dražigost. Prehrana v različnih življenjskih obdobjih: prehranska dopolnila v prehrani, Ljubljana: Marbona, 2003
- Rokorn Dražigost, Oris zdrave prehrane: priporočena prehrana, Inštitut za varovanje zdravja Republike Slovenije, 2001
- Mušič Ema, Zdrava prehrana odraslih, ki imajo neugodne reakcije in alergijo za hrano, Društvo pljučnih bolnikov, 2001
- Rauch-Petz, Gisela. Alergije in hrana: kaj resnično pomaga: kako kljub alergijam uživamo v hrani, Ljubljana: Mladinska knjiga, 2002
- Vaclavik, Vickie. Dimensions of food, Boca Raton: CRC Press, 2002
- Krepimo zdravje z gibanjem in zdravo prehrano, Ljubljana, 2002
- Nutrition: a practical guide, London, 2003

Cilji in kompetence:

- Vzgojno izobraževalni cilji:
- kemijska sestava hrane
 - hranilna vrednost hrane
 - biološka polnovredna hrana
 - ocena nutritivnega statusa
 - nutritivne potrebe različnih starostnih skupin
 - vpliv hrane na človekovo zdravje in bolezen

Objectives and competences:

- Educational goals:
- chemical structure of food
 - nutritional value of food
 - biological full value food
 - evaluation of nutritive status
 - nutritive needs of different age groups
 - food influence to human health and human disease

Predvideni študijski rezultati:

Znanje in razumevanje:

Vpliv in učinek hrane na človekovo zdravje in bolezen.

Prenesljive/ključne spretnosti in drugi atributi:

Študent pridobi znanja načrtovanja zdrave in sodobne prehrane, tudi s pomočjo računalniških metod, modelov, prehrabnih tablic, ...

Intended learning outcomes:

Knowledge and understanding:

Food influence and effect to human health and human disease.

Transferable/Key Skills and other attributes:

Student gets of knowledge planning of healthy and of contemporary nourishment, also by the help of computer methods, of models, nutrition tables, ...

Metode poučevanja in učenja:

predavanja, seminarske vaje po skupinah, problemsko naravnano učenje, učenje na daljavo

Learning and teaching methods:

lectures, seminary training in small groups, problem based learning, e-learning

Načini ocenjevanja:

pisni izpit,
ustno izpraševanje,
seminarske naloge

Delež (v %) /

Weight (in %)

Assessment:

Written examination
oral examination
seminary work