

COURSES OFFERED IN A FOREIGN LANGUAGE IN THE ACADEMIC YEAR  
2021/2022

Department	Department of Health Studies		
Description of the courses offered in a foreign language in the academic year 2021/2022			
Name of the course	Dietetics		
Name of the teacher	Full prof. Marijana Matek Sarić, PhD		
Number of ECTS credits	3	Semester	<input checked="" type="checkbox"/> autumn/winter
			<input type="checkbox"/> spring/summer
The courses will be organized as	Lectures	Seminars	Exercises
	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no
Description of the course	<p>1. Introduction to the course; What is dietetics, its purpose and study area; History of dietetics; What are food and nutrition; Preview of food according to its origin; Food guide pyramid; Basic principles of proper nutrition of adults; Basic principles of proper nutrition of children; Servings per unit for different categories of food according to UNDA Department of Health and Human Services; Regulations</p> <p>2. Traditional Mediterranean diet; Vegetarian diet; Macrobiotics</p> <p>3. Anatomy of digestive system and digestion of food and liquids; Digestion; Absorption; Metabolism</p> <p>4. Macronutrients – carbohydrates; Definition, composition and classification of carbohydrates; Daily carbohydrate requirement; Animal and plant sources of carbohydrates; Food fibres in a diet; Classification of food fibres; Physical and chemical features of food fibres</p> <p>5. Macronutrients – proteins; Definition, composition and classification; Amino acids; Daily proteins requirement</p> <p>6. Macronutrients – fats; Definition, composition and classification; Daily fat requirement; Physical and chemical features of fats</p> <p>7. Micronutrients – vitamins; Fat-soluble vitamins; Functions, features, sources and requirements</p>		

COURSES OFFERED IN A FOREIGN LANGUAGE IN THE ACADEMIC YEAR  
2021/2022

	<p>8. Micronutrients – vitamins; Water-soluble vitamins; Functions, features, sources and requirements</p> <p>9. Micronutrients – mineral nutrients; Macro minerals; Function, sources and requirements</p> <p>10. Micronutrients – mineral nutrients; Trace minerals and ultra trace minerals; Function, sources and requirements</p> <p>11. Water in a diet; Body water; Natural sources of water, rehydration; Disorders of water and sodium metabolism</p> <p>12. Food spoilage; Sanitary control of objects, employees, groceries and food; Food as a risk factor in infection transfer – biological contamination of food; Chemical contamination of food; Types of food preservation</p> <p>13. Planning and evaluation of meals; Principles of planning a diet and meal composition; Nutritional needs of individuals and different population groups; Energy needs of individuals and different population groups</p> <p>14. Diet research and evaluation of the level of nourishment; Direct methods of evaluating the level of nourishment (anthropometric, clinical, functional, biochemical tests); Indirect methods (dietetic tests, surveys)</p> <p>15. Diet as the cause of a disease and pathologic factor; Patient diet in hospital and non-hospital conditions; Obesity and undernutrition; Celiac disease; Osteoporosis; Hypercholesterolemia and hypertriglyceridemia; Sideropenic anemia</p>	
<p>Learning outcomes of the course</p>	<p>After passing the final test the students will be able to:</p> <ul style="list-style-type: none"> <li>- develop critical opinion toward different types of nutrition</li> <li>- differentiate types of macronutrients in food, their frequency in a complete meal and their role in human organism</li> <li>- differentiate and calculate energy requirements of different population groups</li> <li>- evaluate the menu in accordance with physiological needs of individuals and groups</li> <li>- conduct different nutrition surveys</li> <li>- plan composition of meals for different population groups</li> <li>- use basic anthropometric methods for evaluating the nutritional status of individuals and population groups</li> <li>- develop critical opinion toward hygiene and food safety</li> </ul>	
<p>The course is offered to</p>	<p>Incoming students who choose the above department as a home department</p>	<p><input checked="" type="checkbox"/> yes    <input type="checkbox"/> no</p>
	<p>All the incoming students</p>	<p><input type="checkbox"/> yes    <input checked="" type="checkbox"/> no</p>

COURSES OFFERED IN A FOREIGN LANGUAGE IN THE ACADEMIC YEAR  
2021/2022

	Students of the University of Zadar enrolled at the above department as an elective course	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no
	All the students of the University of Zadar as an elective course	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no
The course will be offered for distance learning (virtual mobility)	No	<input checked="" type="checkbox"/>
	Only if the frontal (live) teaching will not be possible	<input type="checkbox"/>
	Together with the frontal (live) teaching	<input type="checkbox"/>