

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: HygVyz1/e	Course unit title: Food Hygiene 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: 2	
Recommended semester: <i>3rd semester in the 2nd year (part-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: none	
Assessment methods: To obtain credits for the course, a student must pass an oral examination and write a seminary work (100 points). <ul style="list-style-type: none"> - Seminary work designed for a situation model (25 points). - Oral examination (75 points). 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.	
Learning outcomes of the course: 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.	
Course contents: Lectures: <ol style="list-style-type: none"> 1. Characteristics and concept of the field physiology of nutrition. 2. Basic concepts in nutrition. Energy and biological value of food. 3. Significance of particular nutrients in the diet. Proteins, carbohydrates, lipids. 4. Vitamins, their need and sources. 5. Macroelements, microelements. 6. Water, regulation of fluid and electrolyte balance. 7. Determination of the nutritional status of selected population groups, monitoring of food consumption. 8. Nutrition of adults, and principles of good nutrition. 9. Nutrition of selected groups: in elderly, in pregnant women, during lactation, and sports nutrition. 10. Unbalanced consumption of food. 11. Nutrition in the prevention of diseases of the digestive system. 12. Nutrition in the prevention of excretory system diseases, bone diseases in various diseases – excretion system disorders, bone diseases. 13. Hospital dietary system – services. Seminars: <ol style="list-style-type: none"> 1. The need for energy, methods of monitoring of energy expenditure. 2. Determination of nutritional status, nutritional history, anthropometric examinations. 3. Determination of nutritional status - laboratory tests. 	

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 : Forsapí 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: *Number of evaluated students*

A	B	C	D	E	FX

Lectures: MUDr. Ľudmila Bučková, MPH.

Last modification: 22.04.2014

Supervisor: doc. MUDr. Mária Štefkovičová, PhD., MPH.