

Study programme: Bachelor with Honours in Tourism		
Subject: Alternative nutrition (T320)		
Teacher dr Jovanka Popov-Raljic, full professor		
Status: Optional for modules of Hotel Management and Gastronomy		
ECTS: 5		
Requirements: None		
<p>Learning objectives To provide students with theoretical knowledge about alternative nutrition, the importance of its impact on human health, with special emphasis on its implementation in the nutrition of special consumers' categories (children, adolescents, athletes, etc.).</p>		
<p>Learning outcomes The subject contributes to the acquisition of knowledge about vegetarian nutrition, macrobiotic nutrition, chrono-nutrition, and nutrition for particular blood groups as well as other nutrition types.</p>		
<p>Syllabus</p> <p><i>Theoretical classes</i> Basic characteristics of alternative nutrition. Differentiation between the term food and term nutrition. The role of proteins, carbohydrates, lipids, vitamins and minerals in human nutrition. Percentage share of essential ingredients and other ingredients used in vegetarian nutrition, macrobiotic nutrition, and other types of nutrition. The role of water in the human body. Energy requirements. Cereals and cereal products. Vegetables, mushrooms and their products. Fruits and fruit products. The food of animal origin and its use in vegetarian cuisine (fermented and other milk products, fish, seafood, eggs). Spices and herbs. Oil and other additives in vegetarian and macrobiotic dishes. Alternative nutrition of special categories - pregnant women, breast feeding mothers, children, adolescents, athletes, workers and the elderly.</p> <p><i>Practical classes</i> Work in the catering facilities and kitchen. Processing and analysis of data obtained from the latest literature from the field of vegetarianism and macrobiotics as well as other alternative types of nutrition.</p>		
Weekly teaching load: 4	Lectures: 2	Exercises: 2