

Study programme: Bachelor with Honours in Tourism		
Subject: Nutrition T332		
Teacher: Dr Jovanka Popov-Raljic, full professor		
Status: compulsory for module of Gastronomy and optional for module of Hotel Management		
ECTS: 6		
Requirements: None		
<p>Learning objectives To acquire knowledge about basic aims of nutrition and about malnutrition. To learn about differences between traditional nutrition habits and alternative nutrition. Fast food chains.</p>		
<p>Learning outcomes Acquiring knowledge about basic nutritional principles as well as about the daily energy requirements of the human body.</p>		
<p>Syllabus</p> <p><i>Theoretical classes</i> Historical development and characteristics of particular nutrition habits such as traditional-classic nutrition. Fast food chains. Pointing to essential food ingredients as well as to the principles of a balanced diet. World Health Organization recommendations for protein, fat, carbohydrates, vitamins and minerals intake. Food additives. Non-nutritional food components. Notion and basic characteristics of functional food. Bacterial food poisoning.</p> <p><i>Practical classes</i> Practical classes are realized through students' practice in various restaurants in the country and abroad.</p>		
Weekly teaching load: 4	Lectures: 2	Exercises: 2