

<b>Study programme: BAS Tourism</b>				
<b>Course Title:</b> Alternative nutrition (T320)				
<b>Lecturer (Name, Middle name, Surname):</b> <a href="#">Dr Jovanka V. Popov-Raljić</a>				
<b>Status:</b> Elective for modules of Hotel Management and Gastronomy				
<b>ECTS:</b> 5				
<b>Requirements:</b> None				
<b>Learning objectives</b> 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.).				
<b>Learning outcomes</b> 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.				
<b>Syllabus</b>  <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.  <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.				
<b>Literature:</b> <i>1. Arntfield, S.D., Maskus, H.D. (2011):</i> Peas and other Legume Proteins. In: Handbook of Food Proteins, Phillips, G.O. and P.A. Williams (Eds.). Woodhead Publishing, Cambridge, UK: 233-260. <i>2. Ayton, D. (2013):</i> The provision of Allergen Information for Non Pre - packed Foods - Voluntary Best Practice Guidance, <a href="http://www.chefbytes.co.uk">www.chefbytes.co.uk</a> <i>3. Ball, G.F.M. (2006):</i> Vitamins in foods: analysis, bioavailability, and stability, Taylor & Francis Group, LLC/CRC, Boca Raton. <i>4. Bender, A.E. (2010):</i> Food Processing and Nutrition, Academic Press, London. <i>5. Berdanier, D.C. (1998):</i> Advanced Nutrition –Micronutrijents. CRC Press and Boca Raton, London, New York, Washington, D.C. <i>6. Drummond, K.E., Brefere, L.M. (2007):</i> Nutrtn for Foodservice and Culinary Professionals, John Wiley and Sons.Inc.				
<b>Weekly teaching load</b>				<b>Other:</b> -
Lectures: 2	Exercises: 2	Other forms of teaching: -	Student research: -	
<b>Methods of Teaching:</b> Lectures, Illustration and Demonstration, Practical skills				
<b>Knowledge score (maximum 100 points)</b>				
<b>Pre-examination assignments</b>	<b>points</b>	<b>Final examination</b>	<b>points</b>	
Activities during lectures	<b>0-5</b>	Written examination		
Practical skills	<b>0-5</b>	Oral examination	<b>30-45</b>	
Colloquia	<b>20-40</b>	.....		
Seminar paper	<b>0-5</b>			