

Study programme: BAS Tourism				
Course title: Nutrition (T332)				
Lecturer (Name, Middle name, Surname): Dr Jovanka V. Popov-Raljić				
Status: Obligatory for module of Gastronomy and elective for module of Hotel Management				
ECTS: 6				
Requirements: None				
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.				
Learning outcomes Acquiring knowledge about basic nutritional principles as well as about the daily energy requirements of the human body.				
Syllabus <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. <i>Practical classes</i> Practical classes are realized through students' practice in various restaurants in the country and abroad.				
Literature: 1. Drummond, K.E., Breferre, L.M. (2007): Nutrition for Foodservice and Culinary Professionals, John Wiley and Sons Inc. 2. Gudgeon, L.A., Trewin, J.B., Grimshaw, K.E.C., Hourihane, J.O.B. (2005): Patients find low dose threshold challenges useful in the management of their peanut allergy; American Academy of Allergy, Asthma and Immunology, San Antonio. 3. Guerrero-Legarreta, I. (2010): Handbook of poultry science and technology, Wiley-Blackwell. 4. Gunston, F.D. (2004): The Chemistry of Oils and Fats, Sources, Composition, Properties and Uses. Black Well Publishing, CRC Press, UK. 5. Insel, P., Turner, R.E., Ross, D. (2006): Discovering Nutrition, (2nd Ed); London; Jones and Bartlett. 6. Leeson, S., Summers, J.D. (2001): Protein and amino acids. University Books, Ontario, Canada. 7. Mudanbi, S.R. (2007): Fundamental of Foods, Nutrition and Diet Therapy, 5 th Edition. New Age International (P) Ltd., New Delhi.				
Weekly teaching load				4 (60)
Lectures: 2	Exercises: 2	Other forms of teaching: -	Student research: -	Other: -
Methods of Teaching: Lectures, Illustration and Demonstration, Practical skills				
Knowledge score (maximum 100 points)				
Pre-examination assignments	points	Final examination		points
Activities during lectures	0-5	Written examination		
Practical skills	0-5	Oral examination		30-45
Colloquia	20-40		
Seminar paper	0-5			