



Study program: Doctoral Academic Studies in Biomedical Sciences		
Name of the subject: CHALLENGES IN NUTRITION AND FOOD SAFETY		
Teacher(s): Marija R. Jevtić, Jelena M. Bjelanović, Milena M. Mitrović, Bojan B. Petrović		
Status of the subject: elective		
Number of ECTS points: 20		
Condition: -		
Goal of the subject Study of current approaches and challenges in nutrition and food safety, the importance of the subject and possibilities of application.		
Outcome of the subject Knowledge and skills in the application of current findings in nutrition and food safety in the function of preserving and improving health.		
Content of the subject <i>Theoretical lectures</i> Sustainable development goals of importance for food and nutrition. Nutrition and health. Energy needs, physiological roles, daily needs and sources. Nutrients: proteins, fats, carbohydrates. Physiological roles, daily needs and sources of vitamins. Physiological roles, daily needs and mineral sources. Diseases of malnutrition and overeating. Food Safety and NASSR. Nutrition action plan. Food Based Dietary Guidelines (FBDGS). Food hygiene rules of animal and plant origin. Genetically modified food. Dietary products. Allergy and intolerance to certain food ingredients. Food biotechnology. Organically produced food. Nutrition in mass non-communicable diseases (diabetes mellitus and other chronic diseases). Nutrition and oral health. <i>Practical lectures</i> Exercises, Other forms of teaching, Study research work Nutrition action plan - analysis. Medical Nutritional Prevention (MNP) and diet planning. Medical Nutritional Therapy (MNT). Physical activity and health and importance in diet planning. Introduction of basic MNP and MNT settings in health care institutions. Diet planning with reference to mass non-communicable diseases.		
Recommended literature 1. World Health Organization. Global strategy on diet, physical activity and health. WHO; 2004. 2. Strategic work of FAO to Help Eliminate Hunger and Malnutrition, FAO 2017 3. World Health Organization/Food and Agriculture Organization. Joint Expert consultation. Diet, Nutrition and Prevention of Chronic Diseases. WHO Technical Report Series 916, WHO, Geneva, 2003 4. Child growth standards: length/height-for-age, weight-for-age, weight-for-length, weight-for-height and body mass index-for-age: methods and development. Geneva: WHO; 2006. 5. Ending childhood dental caries: WHO implementation manual. Geneva: World Health Organization; 2019. Licence: CC BY-NC-SA 3.0IGO. 6. WHO European Ministerial Conference on Counteracting Obesity, Diet and Physical activity for health, European Charter on counteracting obesity, Istanbul 2006. 7. http://www.efsa.europa.eu 8. http://www.codexalimentarius.net 9. http://ec.europa.eu/food 10. http://www.who.int		
Number of active classes	Theory: 60	Seminars and research: 45
Methods of delivering lectures Lectures, exercises, interactive work, seminar work, individual work and group work		
Evaluation of knowledge (maximum number of points 100) activity during lectures 20 independent research work 40 seminar 20 oral exam 20		

