	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	**Zdrava prehrana**
Course title	***Healthy Diet***

Študijski program in stopnja **Study programme and level**	**Študijska smer** **Study field**	**Letnik** **Academic year**	**Semester** **Semester**
Zdravstvena nega / 2. stopnja	Ni smeri študija	1. / 2. letnik	2. / 3.
Nursing Care / 2nd Cycle	No study field	1st / 2nd year	2nd / 3rd

Vrsta predmeta/Course type	izbirni / elective

Univerzitetna koda predmeta/University course code	2ZN 1_2 IP7

Predavanja **Lectures**	**Seminar** **Seminar**	**Sem. vaje** **Tutorial**	**Lab. vaje** **Laboratory work**	**Teren. vaje** **Field work**	**Samost. delo** **Individ. work**	**ECTS**
25		30			155	7

Nosilec predmeta/Lecturer:	izr. prof. dr. Nevenka Kregar Velikonja

Jeziki/ Languages:	**Predavanja/Lectures:**	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	**Prerequisites:**
• Vpis v prvi ali drugi letnik študijskega programa. • Študent mora pred izpitom pripraviti in predstaviti ter zagovarjati projektno/raziskovalno nalogo.	• A prerequisite for inclusion is enrolment in the first or second year of study. • Student has to prepare, present and defend a project/research paper before the exam.

Vsebina:	**Content (Syllabus outline):**
• *Osnove o prehrani.* Hranila v hrani in telesu: ogljikovi hidrati, lipidi, proteini, alkohol, vodotopni vitamini, v maščobah topni vitamini, voda, minerali, elementi v sledovih, fitokemikalije, funkcionalna živila, trendi v prehrani, inovativni proizvodi (tridimenzionalno natisnjena hrana, meso iz petrijevke). Metabolizem: kemične reakcije v telesu, razgradnja hranil, stradanje. Sestav telesa. Načrtovanje prehrane: načela, priporočila, označevanje.	• *Basics of nutrition.* Nutrients in food and in the body: carbohydrates, lipids, proteins, alcohol, water-soluble vitamins, fat-soluble vitamins, water, minerals, trace minerals, phytochemicals and functional foods, dietary trends, innovative products (three-dimensional printed food, Petri dish meat). Metabolism: chemical reactions in the body, breaking down nutrients for energy, feasting and fasting. Body composition.

Promocija zdravja. Znanost o prehrani: raziskave, prehranski miti. Ekonomski učinki zdrave prehrane. • *Prehranska ocena.* Ocena prehranskega vnosa: prebava, absorpcija, transport in izločanje hranil, vnos energije, analiza prehrane, vnetje in patofiziologija kroničnih bolezni. Klinična ocena: nutrigenomika, voda, elektroliti in kislinsko-bazično ravnovesje, biokemijska, fizikalna in funkcionalna ocena, najpogostejše prehranjevalne težave, interakcije hrane z zdravili. Vedenjsko-okoljska ocena: posameznik v skupnosti. • *Prehranske diagnoze in ukrepanje* Pregled prehranskih diagnoz in ukrepov. Hrana in preskrba s hranili: prehranske smernice, priporočila za vnos hranil, kulturna raznolikost, dopolnilna in integrativna medicina, prehranska dopolnila, prehranska podpora. Izobraževanje in svetovanje o vedenjskih spremembah. • *Prehrana v različnih življenjskih obdobjih.* Prehrana za reproduktivno zdravje in dojenje, prehrana dojenčkov, otrok in mladostnikov, prehrana odraslih in starostnikov. • *Prehrana za zdravje in vitalnost.* Prehrana za uravnavanje telesne teže, pri motnjah hranjenja, za zdravje kosti, za zdravje ustne votline in zob, športna prehrana.	Planning a healthy diet: principles, guides, food labels. Health promotion. Science of nutrition: research, dietary myths. Economics of healthy diet. • *Nutrition assessment.* Intake: digestion, absorption, transport and excretion of nutrients, energy intake, analyses of the diet, inflammation and pathophysiology of chronic disease. Clinical: nutrigenomics, water, electrolytes, and acid-base balance, biochemical, physical, and functional assessment, common digestive problems, food-drug interactions. Behavioural-environmental: the individual in the community. • *Nutrition diagnosis and intervention.* Overview of nutrition diagnosis and intervention. Food and nutrient delivery: diet guidelines, nutrient standards, cultural food patterns and dietary practices, complementary and integrative medicine and dietary supplementation, nutrition support. Education and counselling: behavioural change • *Nutrition in the life cycle.* Nutrition for reproductive health and lactation, nutrition in infancy, in childhood, in adolescence, in the adult years and in aging. • *Nutrition for health and fitness.* Nutrition for weight management , in eating disorders, nutrition for exercise and sports performance, nutrition and bone health, nutrition for oral and dental health.

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

Izbrana poglavja iz naštete literature/ Selected chapters from the listed literature

- Mahan, L.K., Raymond, J.L. (2008). *Krause's Food & the Nutrition Care Process* (14th ed.). St. Louis, Missouri: Elsevier.
- Rolfes, S.R., Pinna, K., Whitney, E. (2009). *Understanding Normal and Clinical Nutrition* (10th ed.). United States of America: Stanford, Cengage Learning.
- Escott Stump, S. (2008). *Nutrition and Diagnosis-Related Care* (8th ed.). Philadelphia: Wolters Kluwer Health.

Priporočljiva literatura/Recommended literature

- Grosvenor, M.B., Smolin, L.A. (2015). *Visualizing Nutrition: Everyday Choices* (3rd ed.). United states of America: Danvers, Wiley.
- Grosvenor, M.B., Smolin, L.A. (2006). *Study Guide to accompany Nutrition*: Everyday Choices (1st ed.). United states of America: Danvers, Wiley.
- Schlenker, E., Gilbert, J.A. (2015). *Williams' Essentials of Nutrition and Diet Therapy* (11th ed.). St. Louis, Missouri: Elsevier Mosby.
- Nemško prehransko društvo, Avstrijsko prehransko društvo, Švicarsko društvo za raziskovanje prehrane in Švicarsko združenje za prehrano (2004). *Referenčne vrednosti za vnos hranil.* Ljubljana: Ministrstvo za zdravje.
- Poličnik, R. (2018). *Zdrava prehrana: Priročnik za izvajalce v zdravstvenih domovih*. Ljubljana: Nacionalni inštitut za javno zdravje. Pridobljeno 12. 1. 2021, s https://www.nijz.si/sites/www.nijz.si/files/publikacije-datoteke/prirocnik_zdrava_prehrana_12.1.2018_za_splet.pdf.

Cilji in kompetence:	Objectives and competences:
Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc: SPLOŠNE • interdisciplinarno povezovanje vsebin, • sposobnost kritičnega mišljenja, prepoznavanje posameznikovih specifičnih prehranskih potreb, • fleksibilna uporaba z dokazi podprtih znanj v praksi, • usposobljenost za profesionalno in interdisciplinarno reševanje problemov, • ozaveščenost o nujnosti lastnega stalnega strokovnega napredovanja. SPECIFIČNE • poznavanje osnovnih načel zdravega prehranjevanja, • poznavanje prehrane različnih starostnih skupin prebivalstva in skupin oseb s posebnimi prehranskimi potrebami, • poznavanje prehranske obravnave, prepoznavanje aktualnih prehranskih težav ter prilaganje obravnave glede na individualne potrebe, • načrtovanje in izvajanje izobraževanja in svetovanja o vedenjskih spremembah, • prepoznavanje posameznikovih potreb po dodatni prehranski podpori pri specialistih ustrezne stroke.	*The learning unit mainly contributes to the development of the following general and specific competences:* GENERAL • interdisciplinary use of knowledge, • skills of critical thinking, identifying of individual specific nutritional needs, • flexible use of evidence-based knowledge in clinical practice, qualification for professional and interdisciplinary problem-solving, • awareness of the necessity of their own continuous professional development. SPECIFIC • understanding basic principles of healthy eating, • understanding nutrition in the life cycle and diets for groups of people with special dietary needs, • understanding nutrition care process, identifying common nutritional problems and adjustment of the nutritional treatment to individuals needs, • planning and implementation for education and counselling to support behavioural changes, • identifying individuals needs for additional nutritional support and referral to an appropriate specialist for nutrition.

Predvideni študijski rezultati:	Intended learning outcomes:
Študent/študentka: • razvije kritičen pogled v humano prehrano, • razume smernice in priporočila zdravega prehranjevanja, • pozna inovativne pristope in trende v prehrani, • pozna in razume prehranske mite, • razvije osnovne veščine za promocijo zdravja, • razume ekonomske učinke prehranske preventive, • zna prepoznati prehranske težave in nepravilnosti v prehranjevanju, • se usposobi za načrtovanje prehrane za različne ciljne skupine, • kritično bere in piše strokovna besedila s področja zdravega prehranjevanja, • se usposobi za izobraževanje in svetovanje o vedenjskih spremembah, • zna kritično ovrednotiti poročanja medijev o zdravem prehranjevanju, • usposobi se za presojo o potrebi po napotitvi na dodatno prehransko obravnavo k specialistu ustrezne stroke, • pridobljena znanja uporabi v kliničnem okolju in vsakodnevnem življenju.	*Students:* • develop a skills for critical view in the field of human nutrition, • understand the guidelines and recommendations for healthy diet, • know the innovative approaches and trends in nutrition, • know and understand the nutritional myths, • develop basic skills for health promotion, • understand economic benefits of preventive nutrition, • know the importance of recognizing nutritional problems and irregularities in eating, • qualify for planning meals for different target groups, • critically read and write professional texts, • qualify for education and counselling to support behavioural changes, • know critical evaluate healthy diet information's in press publications, • qualify for assessment individuals need for additional nutritional treatment and referral to a relevant specialist, • know the importance of application of obtained knowledge into clinical practice and everyday life.

Metode poučevanja in učenja:	Learning and teaching methods:
• *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • *seminarske vaje:* priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge, • *konzultacije.*	• *lectures* with active student participation (explanation, discussion, questions, examples, problem solving); • *tutorial:* preparation, presentation and a successful defence of a project/research paper, • *consultations.*

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
Načini: • izpit • izdelava, predstavitev in zagovor	 50 % 50 %	Types: • exam

projektne/raziskovalne naloge Ocenjevalna lestvica: ECTS.		• preparation, presentation and defence of the project/research paper Grading scheme: ECTS.