	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	**Zdrava prehrana in dietetika**
Course title	**Healthy Nutrition and Dietetics**

Študijski program in stopnja **Study programme and level**	**Študijska smer** **Study field**	**Letnik** **Academic year**	**Semester** **Semester**
Fitoterapija	Ni smeri študija	1. letnik	2.
Phytotherapy	No study field	1st year	2nd

Vrsta predmeta/Course type	obvezni /obligatory

Univerzitetna koda predmeta/University course code	FIT_1_UN8

Predavanja **Lectures**	**Sem. vaje** **Tutorial**	**Kab. vaje** **Cabinet tutorial**	**Lab. vaje** **Laboratory work**	**Teren. vaje** **Field work**	**Samost. delo** **Individ. work**	**ECTS**
45	15		5		35	4

Nosilec predmeta/Lecturer:	mag. Irena Hočevar, pred.

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

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	**Prerequisites:**
• Vpis v prvi letnik študijskega programa. • Študent mora pred izpitom pripraviti in predstaviti seminarsko nalogo ter pripraviti poročilo 7- dnevnega prehranskega dnevnika.	• The prerequisite for inclusion is enrolment in the first year of study. • Students have to successfully prepare and present a seminar paper before the examination and prepare report of the 7-day dietary diary.

Vsebina:	**Content (Syllabus outline):**
• *Obseg zdrave prehrane:* varna, uravnotežena, funkcionalna, biološko in gastronomsko sprejemljiva. • *Pomen makrohranil* (maščobe, beljakovine in ogljikovi hidrati), mikrohranil (vitamini in minerali) in vode v prehrani. • *Priporočila za prehrano* v različnih življenjskih obdobjih in stanjih. • *Alternativni načini prehranjevanja.* • *Mikrobiološka, kemijska in fizikalna tveganja v živilih* (HACCP).	• *Range of healthy nutrition:* safe, balanced, functional, biologically and gastronomically acceptable. • *Importance of macro-nutrients* (fats, proteins and carbohydrates), micro-nutrients (vitamins and minerals) and water in nutrition. • *Food recommendations* in different life stages and states. • *Alternative ways of nutrition*. • *Microbiological, chemical and physical hazards in food* (HACCP).

• Metode za ugotavljanje prehranske ogroženosti bolnikov (= prehransko presejanje). • *Prehranska obravnava bolnika* (ocena prehranskega stanja, prehranska diagnoza, prehransko ukrepanje – načrt, prehransko spremljanje). • Priporočila za prehrano bolnika glede na bolezensko stanje – smernice ESPEN. • Rastlinska prehrana kot del integrativne medicine. • Načini hranjenja. • Enteralna prehrana. • Metode ugotavljanja prehranske anamneze. • *Načrtovanje prehrane*. • Sestavljanje jedilnikov z izračuni hranilne in energijske vrednosti za različna starostna obdobja. • Sestavljanje jedilnikov za bolnike. • Izračun hranilne in energijske vrednosti 7-dnevnega prehranskega dnevnika študenta s pomočjo računalniške aplikacije »Odprta platforma za klinično prehrano«. • Poročilo 7-dnevnega prehranskega dnevnika.	• Methods for determining nutritional threats of patients (= nutritional screening). • *Nutritional treatment of the patient* (assessment of nutritional status, nutritional diagnosis, dietary intervention - plan, nutritional monitoring). • Recommendations of diets according to the patient's medical condition. • Methods of feeding. • Enteral nutrition. • Methods for identifying nutritional anamneses. • *Planning a diet.* • Composing menus by calculating nutritional and energy values for different age groups. • Composing menus for patients. • Calculating nutritional and energy values by composing a 7-day dietary diary of student using the computer application "Open Platform for Clinical Nutrition". • Report of 7-day dietary diary.

Temeljna literatura in viri/Readings:

Temeljna literatura /Basic literature:

- 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.
- Hume, A. idr. (2021). Principles and Practice of Botanicals as an Integrative Therapy. Boca Raton, London, New York: CRC Press.
- Lanham-New idr. (2020). Vorster: Introduction to Human Nutrition. 3rd Ed. Wiley-Blackwell.
- Sobotka, L. (ur.) (2019). Basics in Clinical Nutrition. 5th Ed. Galen.

Priporočljiva literatura /Recomended literature:

- Mahan, L. K. in Raymond, J. I. (2015). Krause's Food and the Nutrition Care Process, 14th Ed. Elsevier.
- Mazur, E. in Litch, N. (2019). Lutz's Nutrition nad Diet Therapy. Philadelphia: F. A. Davis.
- Fowler, A. (2019). Modern Herbal: Plant-Based Medicines for Calmer, Healthier Life. London: Michael Joseph.
- Zielinski, E. in Zielinski, S. A. (2019). Essential Oils Diet: Lose Weight and Transform Your Health with the Power of Essential Oils and Bioactive Foods. 1st Edition. New York: Harmony.

- Wells, J. C. K. (2019). The Metabolic Ghetto: an Evolutionary Perspective on Nutrition, Power Relations and Chronic Disease. Cambridge, New York: Cambridge University Press.
- Karpyn, A. (2018). Food and Public Health: a Practical Introduction. New York: Oxford University Press.
- Taubes, G. (2019). Dobre kalorije, slabe kalorije: maščobe, ogljikovi hidrati in kontroverzni pogledi na prehrano in zdravje. Ljubljana: Modrijan.
- Taubes, G. (2019). Dosje sladkor. Ljubljana: Modrijan.

Cilji in kompetence:	**Objectives and competences:**
Učna enota prispeva k razvoju naslednjih splošnih in specifičnih kompetenc: • usvojiti temeljno znanje o varni, uravnoteženi, funkcionalni, biološko in gastronomsko sprejemljivi prehrani, • poznati pomen mikrohranil (maščobe, beljakovine in ogljikovi hidrati), makrohranil (vitamini in minerali) in vode v prehrani, • poznati in razumeti priporočila za prehrano v različnih življenjskih obdobjih in glede na zdravstveno stanje, • spoznati alternativne načine prehranjevanja, • koherentno obvladovanje temeljnega znanja, sposobnost povezovanja znanja z različnih področij in aplikacij; • razvoj komunikacijskih sposobnosti in spretnosti v strokovnem okolju, • uporaba informacijsko-komunikacijske tehnologije in sistemov na strokovnih področjih, • sposobnost uporabe standardov s kritičnim ocenjevanjem, interpretacijo, sintezo informacij o prehrani izbrane populacije, • sposobnost upoštevati psihološke (emocionalne, psihične, osebne) in biološke (udobna namestitev, ustrezna prehrana, osebna higiena in možnost za dnevne aktivnosti) potrebe pacienta, • usvojitev znanja s področja zdrave prehrane in dietetike ter zmožnost apliciranja teoretičnega znanja v strokovno delo, • sposobnost upoštevati individualne potrebe pacienta skozi življenjska obdobja z vidika prehranjevanja.	*The learning unit mainly contributes to the development of the following general and specific competences:* • acquiring basic knowledge about safe, balanced, functional, biological and gastronomic acceptable nutrition, • raising awareness of importance of micro-nutrients (fats, proteins and carbohydrates), macro-nutrients (vitamins and minerals) and water in nutrition, • to know and understand the recommendations for food in different stages of life and according to health status, • to learn about alternative ways of eating, • coherent mastering of the basic knowledge and the ability to link the knowledge from various areas and its applications; • development of communication skills in the professional environment (local and international), • the use of information and communication technologies and systems in the areas of expertise, • the ability to use standards with critical evaluation, interpretation, synthesis of information on nutrition of selected population, • the ability to consider psychological (emotional, psychological, personal) and biological (comfortable accommodation, suitable nutrition, personal hygiene, and possibility of daily activities) needs of the patient, • acquiring knowledge of healthy nutrition and dietetics, including the ability of

	applying theoretical knowledge in the professional work, • the ability to consider individual patient's needs through various stages of life from the perspective of nutrition.

Predvideni študijski rezultati:	**Intended learning outcomes:**
Študent/študentka: • razume, zdravstveni, ekološki, ekonomski in gastronomski vidik prehrane, • zna analizirati, oceniti in izračunati hranilne ter energijske vrednosti prehrane zdravega in bolnega posameznika v vseh življenjskih obdobjih, • aplicira pridobljeno teoretično znanje o zdravi in dietni prehrani v vsakdanje življenje ter bolnišnično in ambulantno zdravljenje, • se zaveda vpliva prehrane na zdravje ljudi in lastno zdravje.	***Students:*** • understand the health, ecological, economic and gastronomic aspect of nutrition, • know how to analyze, evaluate and calculate the nutrient and energy values of diet of healthy and ill individuals in all stages of life, • apply theoretical knowledge to healthy and diet food in everyday life as well as inpatient and outpatient treatment, • are aware of the impact of nutrition on human health and their own health.

Metode poučevanja in učenja:	**Learning and teaching methods:**
• *predavanja:* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • *seminarske vaje*: študenti na konkretnih primerih uporabijo znanje pridobljeno na predavanjih (demonstracija, študija primera, razlaga, diskusija, pojasnjevanje, izkušenjsko in problemsko učenje, kritično presojanje, oblikovanje portfolia), • *laboratorijske vaje*: primer energijskega in hranilnega ovrednotenja 7-dnevnega prehranskega dnevnika študenta in izdelava poročila s komentarji.	• *lectures*: with active student participation (explanation, discussion, questions, examples, problem solving), • *tutorial:* students use their acquired knowledge at lectures on concrete examples (demonstration, case study, explanation, discussion, clarification, experiential and problem-based learning, critical evaluation, designing portfolio) • *laboratory work:* example of energy and nutritional evaluation of a 7-day dietary diary of student and preparing a report with comments.

Načini ocenjevanja:	Delež (v %) Weight (in %)	**Assessment:**
Načini: • izpit • uspešna priprava in zagovor seminarske naloge • uspešna priprava poročila 7-dnevnega prehranskega dnevnika s pomočjo računalniške aplikacije »Odprta platforma za klinično prehrano« (energijsko in hranilno ovrednotenje obrokov) Ocenjevalna lestvica: ECTS.	60 % 20 % 20 %	Types: • exam • preparation, presentation and successful defence of the seminar paper • successfully prepared report of the 7-day dietary diary with the help of the computer application "Odprta platforma za klinično prehrano" (enery and nutritious evaluation of meals) Grading scheme: ECTS.