
		UNIVERSITY OF EAST SARAJEVO Faculty of Technology Zvornik					
		Study programme: Chemical Engineering and Technology					
		Cycle I		Year III			
Course title		Nutritional Value of Food					
Department		Department for Food Technology – Faculty of Technology Zvornik					
Course code		Course status		Semester		ECTS	
04-1-099-5		Compulsory		V		5	
Teacher		Vesna Gojković Cvjetković, PhD, assistant professor					
Teaching assistant		Vesna Gojković Cvjetković, PhD, assistant professor					
Number of hours/ teaching workload (per week)			Individual student workload (in hours per semester)			Student workload coefficient S ₀	
Lectures	Auditory exercises	Laboratory exercises	Lectures	Auditory exercises	Laboratory exercises	S ₀	
3	0	1	45	0	15	1.50	
3*15+0*15+1*15=60 hours			(3*15*1.50+0*15*1.50+1*15*1.50)=90 hours				
Total course workload 60 + 90=150 hours per semester							
Learning outcomes		After finishing the course, students will be able to: <ol style="list-style-type: none"> gain insight into the basic concepts of human nutrition, understand the importance of different nutrients, as well as their metabolism, understand the connection between the chemical composition of foodstuffs as their biochemical action in the body, apply acquired knowledge in the food industry and in the fundamental research. 					
Prerequisites							
Teaching methods		Lectures, auditory and laboratory exercises, mid-term tests (colloquia).					
Syllabus outline per week		<ol style="list-style-type: none"> Introduction. Rational nutrition. Characteristics of population food supply. Digestion and absorption of food. Composition and basic characteristics of foodstuffs. Water. Proteins. Lipids. Carbohydrates. Mineral substances. Vitamins. Other food ingredients. Human food requirements (energy requirements, biological requirements). Food and health. Diseases as a consequence of improper nutrition. Food poisoning. The food pyramid. Examination of nutritional status. Energy value of foods. <p>Mid-term tests are taken after the 8th week and the 15th week. Semester verification is required after the 15th week.</p>					
Obligatory reading							
Author		Title, publisher		Year	Pages		
Grujić, R., Miletić, I.		Nauka o ishrani, Knjiga prva, Tehnološki fakultet, Banja Luka		2006	1-266		
Additional reading							
Author		Title, publisher		Year	Pages		
Dekker, M.		Food Chemistry, New York, Basel		1996	1-16, 157-430, 531-617		
Belitz, H.D.&Grosch, W.		Food Chemistry, Springer, Berlin, New York, Barcelona		1999	1-92, 158-339		
Mahan, K, Escott-Stump, S.		Krause's Food, Nutrition and Diet Therapy, Saunders Cambridge University Press, Cambridge		2004	1-105, 131-323, 437-527		

Obligations, assessment methods and grading system	Type of student evaluation	Grade points	Percentage	
	Pre-exam obligations			
	Attendance	6	6 %	
	Mid-term test I	25	25 %	
	Mid-term test II	25	25 %	
	Seminar paper	14	14 %	
	Final examination			
	Final examination (oral)	30	30 %	
Total	100	100 %		
Web page	www.tfzv.ues.rs.ba			
Date	2023			