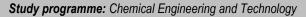


UNIVERSITY OF EAST SARAJEVO

Faculty of Technology Zvornik



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
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 Teacher
 Vesna Gojković Cvjetković, PhD, assistant professor

 Teaching assistant
 Vesna Gojković Cvjetković, PhD, assistant professor

Number of h week)	ours/ teaching	workload (per	Individ	ual st	udent workload (semester)	(in hours per	Student workload coefficient S _o
Lectures	Auditory exercises	Laboratory exercises	Lecture	es	Auditory exercises	Laboratory exercises	S _o
3	0	1	45		0	15	1.50
	3*15+0*15+1*1¢	5=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

After finishing the course, students will be able to: 1. gain insight into the basic concepts of human nutrition, 2. understand the importance of different nutrients, as we an understand the connection between the chemical composition.

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,

4. apply acquired knowledge in the food industry and in the fundamental research.

Prerequisites

Syllabus

per week

outline

Teaching methods Lectures, auditory and laboratory exercises, mid-term tests (colloquia).

- Introduction. Rational nutrition.
 - 2. Characteristics of population food supply. Digestion and absorption of food.
 - 3. Composition and basic characteristics of foodstuffs.
 - 4. Water.
 - 5. Proteins.
 - 6. Lipids.
 - 7. Carbohydrates.
 - 8. Mineral substances.
 - Vitamins.
 - 10. Other food ingredients.
 - 11. Human food requirements (energy requirements, biological requirements).
 - 12. Food and health. Diseases as a consequence of improper nutrition. Food poisoning.
 - 13. The food pyramid.
 - 14. Examination of nutritional status.
 - 15. Energy value of foods.

Mid-term tests are taken after the 8th week and the 15th week. Semester verification is required after the 15th week.

·	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,	1999	1-92, 158-339
Bentz, 11.B. acroson, vv.	Barcelona	1000	1 32, 100 003
Mahan, K, Escott-Stump, S.	Krause's Food, Nutrition and Diet Therapy, Saunders	2004	1-105, 131-323, 437-
Marian, IX, Escott-Stump, S.	Cambridge University Press, Cambridge	2004	527

	Type of student evaluation	Grade points	Percentage
	Pre-exam obligations		
Obligations, assessment methods and	Attendance	6	6 %
	Mid-term test I	25	25 %
	Mid-term test II	25	25 %
methods and grading system	Seminar paper	14	14 %
3 - 3 - 3 - 3	Final examination		
	Final examination (oral)	30	30 %
	Total	100	100 %
Web page	www.tfzv.ues.rs.ba		
Date	2023		_