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| **Subject** | **BASIC OF NURTITION** |
| **Type** | **Semester** | **ECTS** | **Code** |
| OBLIGATORY (O) | 2 | 4 | 130BNU204 |
| **Course Lecturer** | Prof. Asst. Dr. Laura Binxhija |
| **Course Assistant** |  |
| **Course Tutor** |  |
| **Aims and Objectives** | The subject will offer students’ knowledge on science of nutrition, definitions about food and nutrition, the role of food and nutrients in human nutrition. Macronutritive nutrients (carbohydrates, proteins and fat) division, their role on the human body, digestion, absorption and daily needs.MIcronutritive nutrients (vitamins and minerals), where you will be introduced to: vitamins that are soluble in water (Vitamin C, B complex and H); vitamins soluble in fats (vitamins A, D, E, K) and mineral matter like: Macroelements (Sodium, Potassium, Calcium, Phosphor, Magnesium, Sulfur), Microelements (Iron, Copper, Zinc, Iodide, Fluoride, Manganese), and trace elements. Food and nutritional values (food with cereals derivative, leguminous, fruits, vegetables, milk, meat, oil-yielding plants etc.)Gastrointestinal tract, digestion and absorption of food and fluids. It is important that the students are introduced to the energetically needs of the human organism; basic metabolism. The pyramid of nutrition. Planning of food. Different illnesses that come from food and bad feeding like obesity, anorexia, bulimia. Analysis of nutrition and the valuation of the nutritional condition. From the practical side the students will be introduced to the key methods of the analysis of main nutrients; calculate energetical needs for the base metabolism and daily energetical needs and to planning daily food. To calculate energetical values of foods. |
| **Learning Outcomes** | With finalization of this subject the students will have skills to know foods and their importance in nutrition based on nutritional values. To know about the importance of nutrients on the human organism. To know about the importance of digestion, absorption and the daily needs of macro nutritive and micro nutritive matter; illnesses and consequences of the lack of macronutrients or taking too much of them (carbohydrates, proteins and fats) and micronutrients (vitamins and minerals).They will be able to know the gastrointestinal tract and the absorption of food and fluids. They will be able to know the nutritional pyramid of healthy feeding and plan feeding. They will be able to calculate energetical values of foods; calculate energetical needs of the human organism. They will know to detect different illnesses that come from bad feeding; to know different types of allergies that come from food like lactose intolerance, gluten intolerance etc. Also the students will be able to do nutritional analysis and using that to evaluate the condition of nutrition. |
| **Course Content** | **Course Plan** | **Week** |
| Food and human nutrition (definitions, role and nutritional values) | 1 |
| Macronutrients (carbohydrates, protein, fats) | 2 |
| Micronutrients(water soluble vitamins) | 3 |
| Micronutrients(Fat soluble vitamins) | 4 |
| Minerals (Macroelements, Microelements and Trace elements) | 5 |
| Food and food nutritive valuesColocvium I | 67 |
| Gastrointestinal tract, digestion and absorption of food and fluids. |  8 |
|  | Energetical needs of the human organism and calculation of them | 9 |
| Study visiting | 10 |
| The nutritional pyramid of healthy feeding and planning of food | 11 |
|  Illnesses that come from feeding and bad feeding | 12 |
| Analysis of nutrition and the valuation of the nutritional conditionColocvium II | 1314 |
| Final exam | 15 |
| **Literature/References** | 1. Internal Script
2. Xoxa A., 1995, Dritëhijet e ushqimit, Shtëpia botuese enciklopedike, Tiranë.1995.
3. Mandic M., Znanost o Prehrani (Hrana i prehrana u cuvanju zdravlja), Sveucilište J.J.Strossmayera u Osijeku, Prehrambeno tehnološki fakultet, Osijek, 2007.
4. Vildana Alibabić ● Ibrahim Mujić, Pravilna Prehrana i Zdravlje, Veleučilište u Rijeci. Rijeka, 2016.
5. C.D.Berdanier, JDwyer, E.B.Feldman,Handbook of Nutrition and Food, Secon edition, CRC Press, 2008.
6. Froleke H.,2007:,Tabela e vlerave ushqyese e Asocicionit Gjerman për të Ushqyerit Themeluar nga Prof.Dr.Wirths (1923-1999), Botimi i 43. Gjermanisht, i ripunuar dhe i aktualizuar. Botimi i parë në gjuhën shqipe, Alb-med.
7. Hans Konrad Biesalski, Peter Grimm; Pocket Atlas of Nutrition, Thieme, Stuttgart -New York, 2006.
8. Sullivan, Robert J. 2004:, Digestion and nutrition, Chelsea House, New York, USA.
9. Ronzio Robert., 2003:, The Encyclopedia of Nutrition and Good Health, Second Edition, New York.
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