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| **Subject**  |  **NUTRITIONAL ASPECTS OF FOOD PREPARATION**   |
| **Lloji**  | **Semester**  | **ECTS**  | **Code**  |
| **Obligatory (O)**   | **V** | **4**  |   |
| **The lecturer of the subject**  | Prof.Asst.Dr.Laura Binxhija Qeska  |
| **Subject assistant**  | /  |
| **Goals and Objectives**  | The objective of the course is to provide students with a fundamental understanding of food preparation procedures (mechanical, thermal and cooling), and how each process affects the nutritional value and taste of food. The course will teach the student the quantitative elements of the harmful effects of some contaminants that can be found in food, such as additives, natural toxins, environmental pollutants or toxicants resulting from food preparation techniques. Food preparation systems, the separation and planning of different food preparation systems and central food preparation facilities, including the organization of space, equipment, food preparation and distribution processes, are areas of special knowledge. The process of handling food items during transit, storage and preparation.  |
| **Expected results**  | After successfully mastering this subject, students will be able to:  * Explain the positive and negative changes that occur during food preparation.
* To compare procedures for preventing the formation of harmful by-products and the loss of desirable food components.
* They will be able to recognize the functional ingredients of foods on the market and analyze the individual functional ingredients in food.
* They will also be able to propose procedures that can reduce the content of some contaminants in food in order to improve the quality of food preparation.
* They will be able to use the knowledge gained in the preparation of food preparation proposals to remove undesirable components present in food.
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| **Content**  | **Weekly Plan                                                                                                                                 Week**  |
| Familiarizing students with the module, lesson plan, assessment criteria, expected learning outcomes and literature.                                                                                                  **Week 1**  |
| Basic food preparation processes, accessories, utensils and containers for food preparation and storage.                                                                                                                     **Week 2**  |
| The influence of heating on changes in the biochemical composition of foods.            **Week 3**  |
| Positive nutritional changes during food preparation.                                                    **Week 4**  |
| Negative changes during food preparation and prevention procedures, the formation of harmful by-products**.                                                                                                       Week 5**  |
| Preparation of food products (raw materials) of plant and animal origin for different needs and consumers.                                                                                                                **Week 6**  |
| Presentation of Seminar Papers and Student Projects                                                     **Week 7** Planning and organizing different food preparation systems.                                         **Week 8**  |
| Space organization, equipment, food preparation and distribution processes.               **Week 9**  |
| The role and use of auxiliary raw materials in food preparation and production.            **Week 10**  |
| Techniques of handling food products in warehouses, transportation and food preparation.                                 Week 11. Hygienic aspect of meal preparation.                                                                           **Week 12**  |
| New technological methods of food preparation.                                                             **Week 13**  Presentation of Seminar Papers and Student Projects                                                       **Week 14**  Final exam.                                                                                                                         **Week 15**  |
| **Literature / References**  | **Mandatory:**  Teaching material for the course NUTRITIONAL ASPECTS OF FOOD PREPARATION (ppt), FACULTY OF FOOD SCIENCE AND BIOTECHNOLOGY    **Additional material:**  1. Mateljan, G. (2015): The World's Healthiest Foods,2nd Edition
2. Sari Edelstein (2010) Food, Cusine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals 1 st Edition ISBN -10 0763759651
3. Anita Tull & Garry Littlewood. 2016. Food preparation and Nutrition.      Illuminate Publishing Limited. ISBN 978-1-908682
4. L.Kathleen Mahan, Ms, Rdn, Cd. Janice L. Raymond, Ms, Rdn, Dc, Csg. 2017. Krause's Food & the Nutrition Care Process. St. Louis, Missouri: Elsevier, (2017). ISBN: 9780323340755.
5. Stadler, R.H., Lineback, D.R. (2008): Process-Induced Food Toxicants: Occurrence, Formation, Mitigation, and Health Risks. John Wiley & Sons, Hoboken, New Jersey.
6. Mateljan, G. (2015): Najzdravije namirnice svijeta, Mozaik knjiga Zagreb i Udruga Zdravi grad, Split
7. Articles from reputable scientific journals.
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