

Course name:

NUTRITION AND HEALTH

Course code:

Number of ECTS: 2

Lecturers:

Form of classes (hours): 15

Key competences:

Lectures:

Topics:

1. Food-based dietary guidelines.
2. Energy. Excess, deficiency and health.
3. Proteins and Amino Acids. Excess, deficiency and health.
4. Carbohydrates. Excess, deficiency and health.
5. Lipids. Excess, deficiency and health.
6. Vitamins. Excess, deficiency and health.
7. Trace elements. Excess, deficiency and health.

Labolatories:

Topics:

Exercises:

Topics:

Requirements: