

DISCIPLINE ANNOTATION:

NUTRITION STUDIES

THE GOAL OF THE COURSE: to deepen knowledge of the basics of physiologically sound nutrition of a healthy person (rational nutrition); to acquire skills in identifying the causes of development and signs of mono- and polynutrient deficiencies and their prevention; to learn the importance of basic traditional and non-traditional food products, their composition, properties, nutritional and biological value, parapharmacological characteristics, importance in rational, therapeutic, dietary, therapeutic and preventive nutrition.

The Nutrition studies discipline is taught in the 3rd year when students have appropriate knowledge of basic disciplines integrated with the academic discipline program. To study successfully and acquire competencies in this discipline, it is viable to obtain knowledge of the following disciplines: medical biology, medical and biological physics, biological chemistry, bioorganic chemistry, human anatomy, microbiology, virology and immunology, propedeutics of internal medicine, physiology and pathological physiology, basics of bioethics, hygiene and human ecology

The academic discipline is related to such disciplines as normal physiology, pathological physiology, propedeutics of internal medicine, pharmacology.

The process of studying the discipline is aimed at developing the following competencies:

To know: causes of nutritional diseases, principles of an adequate strategy for overcoming nutritional health problems; features of the composition and properties of food products, their use in nutrition programs; causes of occurrence and adequate nutritional correction of physiological and metabolic changes in the body in case of various diseases, physiological and pre-pathological conditions (genetically, environmentally and occupationally associated, age-dependent, stress-related, etc.).

To be able to: determine the necessary diet, build a rational (healthy) diet; determine the nature of nutrition in the treatment of various diseases (prescription of therapeutic, dietary nutrition); diagnose emergency conditions and tactics for providing emergency medical care for food poisoning; plan and implement pre

ventive and anti-epidemic measures for food poisoning; keep medical records; analyze the state of actual nutrition of the population, interpret the causes, mechanisms of development and assessment of typical nutritional and nutritionally dependent diseases, apply methods for determining and assessing the individual nutritional status of the body related to factors affecting it, calculate the necessary diet for different population groups, taking into account the characteristics of nutritional status, physiological state, health status, apply properties of food products for the prevention of nutritional, nutritionally dependent diseases, prevention of adverse effects of environmental or industrial environment on the body.

To master: basic principles of physiologically sound nutrition of a healthy person (rational nutrition), nutrition of different age groups, categories of the population (children and adolescents, the elderly, pregnant women and nursing mothers, mental and physical workers, athletes of various sports, etc.), therapeutic and preventive nutrition of workers in industries with harmful and especially harmful working conditions, preventive nutrition of persons living in environmentally unfavorable regions of Ukraine, as well as various non-traditional types of nutrition; basics of epidemiological and medical statistical studies of public health; processing of state, social, economic and medical information; ability to draw conclusions about the impact of major food contaminants, determine the hygienic problem of food contamination, and interpret regulatory legislative acts.

Content of the academic discipline.

Section I. Nutritional and dietary characteristics of milk and dairy products. Nutritional and dietary characteristics of meat and meat products.

Section II. Nutritional and dietary characteristics of fish and non-fish products of the sea. Eggs and egg products.

Section III. Nutritional and dietary characteristics of bread, bakery products, cereals, legumes and other grain products. Confectionery products. Nutritional and dietary characteristics of vegetables, fruits, berries, wild edible plants, nuts, mushrooms.