



Course catalogue

TTF-NUT107 Introduction to the Profession of Nutritionist

Programme	Nutrition
Level	Bachelor's programme
Academic year	II year
Semester	Spring Semester
ECTS credits	5 credits
Lecturers	Ass. Prof. Dr.sc. Vezirka Jankuloska
Language	Macedonian

Objective	Course objectives are for the student to have knowledge about nutrition science and nutrition as profession. The history of nutrition science and challenges in the future.
Content	Historical development of nutrition: the development of humanity and the emergence of food, the development of a scientific approach in the analysis of nutrients, the application of chemistry, biochemistry, the development of medical dietetics. Subject of study in nutrition. Profession nutritionist and field work at nutritionists. Habitat habits of the population and their monitoring. Basic knowledge of food. Basic nutrients (macro and micronutrients). Pyramids of the diet. Diseases associated with insufficient or unhealthy diet. Recommendations for proper nutrition and nutrition in the prevention and treatment of the most common chronic non-infectious diseases. Nutrition at different times of life.
Learning materials	Reading from the primary literature are referenced in class and posted to the course website.