



## Course catalogue

### TTF-NUT201 Nutrition 1

Programme	Nutrition
Level	Bachelor's programme
Academic year	II year
Semester	Autumn Semester
ECTS credits	6 credits
Lecturers	Ass. Prof. Marija Menkinoska PhD
Language	Macedonian
Objective	Course objectives are for the student to gain knowledge of the composition of food and food products in relation of macro and micronutrients, water, their dietary value and epidemiological significance.
Content	Defining nutrition as a food science and its components including connectivity with health and diseases. Organic, genetically modified, functional and new foods. Energy value of food, substances that provide energy, building and protective needs of the organism. Macronutrients and micronutrients (role, natural sources, measures for preserving the vitamin value of foods, daily needs in the body).
Learning materials	Reading from the primary literature are referenced in class and posted to the course website.