



Course catalogue

TTF-PB302 Healthy food

Programme	Food Technology and Biotechnology
Level	Bachelor's programme
Academic year	III year
Semester	Autumn Semester
ECTS credits	6 credits
Lecturers	Ass. Prof. Marija Menkinoska PhD
Language	Macedonian
Objective	Introduction to basic principles and methods for assessment and planning of healthy eating, its impact on health promotion and prevention of chronic diseases in the population.
Content	Nutrition: definition, objectives and principles of rational nutrition. Energy balance, calculation of energy needs. Composition of the human body, methodology and assessment of anthropometric variables and indexes. Consuming food, control mechanisms and physiological functions. Macronutrients and micronutrients. Plant fibers. Fats and oils. Water. Functional food. Organic food.
Learning materials	Reading from the primary literature are referenced in class and posted to the course website.