



Course catalogue

NUT_II_ZA_04 Methods of nutritional assessment

Programme	Nutrition
Level	Master's programme
Academic year	1 year
Semester	Spring Semester
ECTS credits	8 credits
Lecturers	Prof. d-r Angela Vasilevska, PhD Ass. Prof. Daniela Nikolovska Nedelkoska, PhD
Language	Macedonian
Objective	The learning objectives are improved student understanding of scientific methodology within the field of nutrition science. With this course, the student will be able to integrate knowledge on scientific methodology , dietary standards and recommendations in order to assess the dietary quality of different population groups and make dietary recommendations.
Content	Principles of a balanced diet. Energy and nutritional needs in humans. Methods for assessing nutritional status (anthropometric, biochemical, clinical and dietary assessment). Dietary methods. Dietary standards and recommendations. Food composition tables/database. Nutritional assessment in disease prevention.
Learning materials	Primary literature and additional references are referenced in class and posted on the course website.