ABSTRACT
OF THE ACADEMIC DISCIPLINE
"NUTRICIOLOGY"

(course of choice)

Educational program "MEDICINE"

Speciality: 222 "MEDICINE"

The purpose of the course

The purpose of the course is to deepen knowledge on the basics of physiologically substantiated nutrition of a healthy person (rational nutrition); acquiring skills in identifying the causes of development and signs of monototo polynutrient deficits and their prevention; assimilation of the importance of basic traditional and unconventional foods, their composition, properties, nutritional and biological value, parapharmacological characteristics, value in rational, therapeutic, dietary, therapeutic food

The study of the discipline "Nutriciology" is provided in the II year, when the student acquired

relevant knowledge of the main basic disciplines with which the curriculum of educational

Discipline.

For successful training and mastery of competencies in this discipline

it is advisable to gain knowledge in such disciplines as:

- medical biology, medical and biological physics
- Biological chemistry
- Bioorganic chemistry
- human anatomy, microbiology
- Virology and Immunology
- Propedevtics of Internal Medicine
- Physiology and pathological physiology
- basics of bioethics, hygiene and human ecology

Academic discipline is associated with such disciplines as normal physiology,

pathological physiology, propedeutics of internal medicine, pharmacology

Contents of the discipline

Nutritional and nutritional characteristics of milk, dairy

Products. Nutriciological and dietological characteristics of meat and meat products.

Nutriciological and dietological characteristics of fish, unseen products of the sea. Eggs and

egg products. Nutriciological and dietological characteristics of bread, bakery,

cereals, legumes and other grain processing products. Confectionery.

Nutriciological and dietological characteristics of vegetables, fruits, berries, wildly growing edeable plants, nuts, mushrooms

Scope of study of academic discipline

3 ECTS credits (90 hours in total): 5 lectures (10 hours), 10 practice sessions (20 hours), 60 hours for self-study and case-based discussion.