

NAME	BASIC NUTRITION
Course volume ECVET	5
Assessment form	Non-distinctive
Methods of learning	Independent work, group work, discussion, lecture
Approximate amount of contact lessons	37
Lecturer	-
Pre-requirements	None
Course aims	The aim of the course is that the student independently chooses, uses and collects information on nutrition and interprets it critically and creatively. The student has basic knowledge of human physiology, metabolism and nutritional needs. The student knows how to use programme NutriData.
Topics and subtopics	<ol style="list-style-type: none"> 1. Study of and sources of nutrition <ol style="list-style-type: none"> 1.1 Methods for studying nutrition. 1.2 Dietary and nutritional recommendations. 1.3 Food intolerance and food allergy. 1.4 Eating disorders, specific characteristics of nutrition, relations between nutrition and diseases. 1.5 Food safety. Labelling of food. 2. Digestion and metabolism <ol style="list-style-type: none"> 2.1 Systems related to nutrition (circulatory, lymphatic, respiratory, nervous, excretory, endocrine systems) 2.2 Digestion process. Importance of nutrients. 2.3 Metabolism. Energy-dense nutrients. Water. Minerals, bioactive compounds, vitamins. 3. Menu and dietary recommendations <ol style="list-style-type: none"> 3.1 Composing and analysis of menus. 3.2 Estonian dietary and nutritional recommendations.
Learning outcomes	<p>Student:</p> <ul style="list-style-type: none"> - has the basic understanding of human physiology, metabolism, nutritional needs and specific characteristics of nutrition; - analyses menus with the help of the programme NutriData, draws conclusions from its results and makes recommendations for improving the shortcomings. Ideally also independently compiles a menu to overcome those deficits.
Assessment criteria	<p>Students:</p> <ul style="list-style-type: none"> - explains the principles and methods of studying nutrition; - differentiates dishes according to food intolerance and allergies; - describes different eating disorders and peculiarities; - explains the relation between nutrition and diseases; - explains the peculiarities of nutrition and the most important principles of food safety; - explains food labelling; - explains the principles of digestion and metabolism and the principal mechanisms of different systems and the relation to nutrition; - explains the importance and sources of proteins, lipids, carbohydrates and water, concepts related to alcohol and its effect on the organism; - describes the importance and best sources of vitamins, minerals and bioactive compounds; - explains Estonian dietary and nutritional recommendations; - provides nutritional recommendations based on a menu and its nutritional information.
Independent work	<ol style="list-style-type: none"> 1. Analysis of a 10-day menu and compiling an ideal menu for 3 days, based on instructions provided, and the presentation of the menu 2. Presentation of a vitamin, mineral and/or bioactive compound, based on instructions provided 3. Compiling a menu with the nutritional programme NutriData. Teamwork assignment: compiling and presenting a menu for 3-7 days, corresponding to regular nutrition or some dietary restriction

Assessment methods	Assessment of the module (passed/not passed) based on passing the tests (1-4) and individual assignments (3).
Study literature and materials	<p>Tervise Arengu Instituut. Eesti toitumis- ja liikumissoovitused 2015. Tallinn, 2017. www.terviseinfo.ee/et/toitumissoovitused</p> <p>Nienstedt, W., Hänninen, O., Arstila, A., Björkqvist, S.-E., WSOY. Inimese füsioloogia ja anatoomia. Tallinn, 2007</p> <p>European Food Safety Authority. Dietary Reference Values for nutrients. Summary report. 4 December 2017. doi: 10.2903/sp.efsa.2017.e15121</p>