

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Zdrava prehrana
Course title	<i>Healthy Diet</i>

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Integrirana zdravstvena in socialna oskrba/2. stopnja	Ni smeri študija	2. letnik	3.
Integrated Health and Social Care / 2 nd Cycle	No study field	2 nd year	3 rd

Vrsta predmeta/Course type izbirni / elective

Univerzitetna koda predmeta/University course code IZSO IP UN 1

Predavanja	Seminar	Sem. vaje	Lab. vaje	Teren.	Samost.	ECTS
Lectures	Seminar	Tutorial	Laboratory work	vaje	delo	
				Field work	Individ. work	
25		30			155	7

Nosilec predmeta/Lecturer: izr. prof. dr. Nevenka Kregar Velikonja

Jeziki/ Predavanja/Lectures: slovenski/Slovenian
Languages:
Vaje/Tutorial: slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti: **Prerequisites:**

<ul style="list-style-type: none"> • Vpis v drugi letnik študijskega programa. • Študent mora pred izpitom pripraviti in predstaviti ter zagovarjati projektno/raziskovalno nalogo. 	<ul style="list-style-type: none"> • A prerequisite for inclusion is enrolment in the second year of study. • Student has to prepare, present and defend a project/research paper before the exam.
---	--

Vsebina:

<ul style="list-style-type: none"> • <i>Osnove o prehrani.</i> Hranila v hrani in telesu: ogljikovi hidrati, lipidi, proteini, alkohol, vodotopni vitamini, v maščobah topni vitamini, voda, minerali, elementi v sledovih, fitokemikalije, funkcionalna živila, trendi v prehrani, inovativni proizvodi (tridimenzionalno natisnjena hrana, meso iz petrijevke). Metabolizem: kemične reakcije v telesu, razgradnja hranil, stradanje. Sestav telesa. Načrtovanje prehrane: načela, priporočila, označevanje. 	<ul style="list-style-type: none"> • <i>Basics of nutrition.</i> Nutrients in food and in the body: carbohydrates, lipids, proteins, alcohol, water-soluble vitamins, fat-soluble vitamins, water, minerals, trace minerals, phytochemicals and functional foods, dietary trends, innovative products (three-dimensional printed food, Petri dish meat). Metabolism: chemical reactions in the body, breaking down nutrients for energy, feasting and fasting. Body composition.
---	---

<p>Promocija zdravja. Znanost o prehrani: raziskave, prehranski miti. Ekonomski učinki zdrave prehrane.</p> <ul style="list-style-type: none"> • <i>Prehranska ocena.</i> Ocena prehranskega vnosa: prebava, absorpcija, transport in izločanje hranil, vnos energije, analiza prehrane, vnetje in patofiziologija kroničnih bolezni. Klinična ocena: nutrigenomika, voda, elektroliti in kislinsko-bazično ravnovesje, biokemijska, fizikalna in funkcionalna ocena, najpogostejše prehranjevalne težave, interakcije hrane z zdravili. Vedenjsko-okoljska ocena: posameznik v skupnosti. • <i>Prehranske diagnoze in ukrepanje</i> Pregled prehranskih diagnoz in ukrepov. Hrana in preskrba s hranili: prehranske smernice, priporočila za vnos hranil, kulturna raznolikost, dopolnilna in integrativna medicina, prehranska dopolnila, prehranska podpora. Izobraževanje in svetovanje o vedenjskih spremembah. • <i>Prehrana v različnih življenjskih obdobjih.</i> Prehrana za reproduktivno zdravje in dojenje, prehrana dojenčkov, otrok in mladostnikov, prehrana odraslih in starostnikov. • <i>Prehrana za zdravje in vitalnost.</i> Prehrana za uravnavanje telesne teže, pri motnjah hranjenja, za zdravje kosti, za zdravje ustne votline in zob, športna prehrana. 	<p>Planning a healthy diet: principles, guides, food labels. Health promotion. Science of nutrition: research, dietary myths. Economics of healthy diet.</p> <ul style="list-style-type: none"> • <i>Nutrition assessment.</i> Intake: digestion, absorption, transport and excretion of nutrients, energy intake, analyses of the diet, inflammation and pathophysiology of chronic disease. Clinical: nutrigenomics, water, electrolytes, and acid-base balance, biochemical, physical, and functional assessment, common digestive problems, food-drug interactions. Behavioural-environmental: the individual in the community. • <i>Nutrition diagnosis and intervention.</i> Overview of nutrition diagnosis and intervention. Food and nutrient delivery: diet guidelines, nutrient standards, cultural food patterns and dietary practices, complementary and integrative medicine and dietary supplementation, nutrition support. Education and counselling: behavioural change • <i>Nutrition in the life cycle.</i> Nutrition for reproductive health and lactation, nutrition in infancy, in childhood, in adolescence, in the adult years and in aging. • <i>Nutrition for health and fitness.</i> Nutrition for weight management, in eating disorders, nutrition for exercise and sports performance, nutrition and bone health, nutrition for oral and dental health.
--	---

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

Izbrana poglavja iz naštetih literature/ Selected chapters from the listed literature

- Mahan, L.K., Raymond, J.L. (2017). *Krause's Food & the Nutrition Care Process* (14th ed.). St. Louis, Missouri: Elsevier.
- Rolfes, S.R., Pinna, K., Whitney, E. (2015). *Understanding Normal and Clinical Nutrition* (10th ed.). United States of America: Stanford, Cengage Learning.
- Escott Stump, S. (2015). *Nutrition and Diagnosis-Related Care* (8th ed.). Philadelphia: Wolters Kluwer Health.

Priporočljiva literatura/Recommended literature

- Grosvenor, M.B., Smolin, L.A. (2015). *Visualizing Nutrition: Everyday Choices* (3rd ed.). United states of America: Danvers, Wiley.
- Grosvenor, M.B., Smolin, L.A. (2006). *Study Guide to accompany Nutrition: Everyday Choices* (1st ed.). United states of America: Danvers, Wiley.
- Schlenker, E., Gilbert, J.A. (2015). *Williams' Essentials of Nutrition and Diet Therapy* (11th ed.). St. Louis, Missouri: Elsevier Mosby.
- Nemško prehransko društvo, Avstrijsko prehransko društvo, Švicarsko društvo za raziskovanje prehrane in Švicarsko združenje za prehrano (2004). *Referenčne vrednosti za vnos hranil*. Ljubljana: Ministrstvo za zdravje.
- Poličnik, R. (2018). *Zdrava prehrana: Priročnik za izvajalce v zdravstvenih domovih*. Ljubljana: Nacionalni inštitut za javno zdravje. Pridobljeno 12. 1. 2021, s https://www.nijz.si/sites/www.nijz.si/files/publikacije-datoteke/prirocnik_zdrava_prehrana_12.1.2018_za_splet.pdf.

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

SPLOŠNE

- interdisciplinarno povezovanje vsebin,
- sposobnost kritičnega mišljenja, prepoznavanje posameznikovih specifičnih prehranskih potreb,
- fleksibilna uporaba z dokazi podprtih znanj v praksi,
- usposobljenost za profesionalno in interdisciplinarno reševanje problemov,
- ozaveščenost o nujnosti lastnega stalnega strokovnega napredovanja.

SPECIFIČNE

- poznavanje osnovnih načel zdravega prehranjevanja,
- poznavanje prehrane različnih starostnih skupin prebivalstva in skupin oseb s posebnimi prehranskimi potrebami,
- poznavanje prehranske obravnave, prepoznavanje aktualnih prehranskih težav ter prilaganje obravnave glede na individualne potrebe,
- načrtovanje in izvajanje izobraževanja in svetovanja o vedenjskih spremembah,
- prepoznavanje posameznikovih potreb po dodatni prehranski podpori pri specialistih ustrezne stroke.

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

GENERAL

- interdisciplinary use of knowledge,
- skills of critical thinking, identifying of individual specific nutritional needs,
- flexible use of evidence-based knowledge in clinical practice, qualification for professional and interdisciplinary problem-solving,
- awareness of the necessity of their own continuous professional development.

SPECIFIC

- understanding basic principles of healthy eating,
- understanding nutrition in the life cycle and diets for groups of people with special dietary needs,
- understanding nutrition care process, identifying common nutritional problems and adjustment of the nutritional treatment to individuals needs,
- planning and implementation for education and counselling to support behavioural changes,
- identifying individuals needs for additional nutritional support and referral to an appropriate specialist for nutrition.

Predvideni študijski rezultati:**Intended learning outcomes:**

<p>Študent/študentka:</p> <ul style="list-style-type: none"> • razvije kritičen pogled v humano prehrano, • razume smernice in priporočila zdravega prehranjevanja, • pozna inovativne pristope in trende v prehrani, • pozna in razume prehranske mite, • razvije osnovne veščine za promocijo zdravja, • razume ekonomske učinke prehranske preventive, • zna prepoznati prehranske težave in nepravilnosti v prehranjevanju, • se usposobi za načrtovanje prehrane za različne ciljne skupine, • kritično bere in piše strokovna besedila s področja zdravega prehranjevanja, • se usposobi za izobraževanje in svetovanje o vedenjskih spremembah, • zna kritično ovrednotiti poročanja medijev o zdravem prehranjevanju, • usposobi se za presojo o potrebi po napotitvi na dodatno prehransko obravnavo k specialistu ustrezne stroke, • pridobljena znanja uporabi v kliničnem okolju in vsakodnevem življenju. 	<p>Students:</p> <ul style="list-style-type: none"> • develop a skills for critical view in the field of human nutrition, • understand the guidelines and recommendations for healthy diet, • know the innovative approaches and trends in nutrition, • know and understand the nutritional myths, • develop basic skills for health promotion, • understand economic benefits of preventive nutrition, • know the importance of recognizing nutritional problems and irregularities in eating, • qualify for planning meals for different target groups, • critically read and write professional texts, • qualify for education and counselling to support behavioural changes, • know critical evaluate healthy diet information's in press publications, • qualify for assessment individuals need for additional nutritional treatment and referral to a relevant specialist, • know the importance of application of obtained knowledge into clinical practice and everyday life.
--	---

Metode poučevanja in učenja:**Learning and teaching methods:**

<ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • <i>seminarske vaje</i>: priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge, • <i>konzultacije</i>. 	<ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving); • <i>tutorial</i>: preparation, presentation and a successful defence of a project/research paper, • <i>consultations</i>.
---	---

Načini ocenjevanja:

Delež (v %)

Weight (in %)

Assessment:

<p>Načini:</p> <ul style="list-style-type: none"> • izpit • izdelava, predstavitev in zagovor 	<p>50 %</p> <p>50 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • exam • preparation, presentation and defence of the project/research paper
---	-------------------------	---

projektne/raziskovalne naloge		Grading scheme: ECTS.
Ocenjevalna lestvica: ECTS.		