

Nutriciology
Elective for 4th year student of the Faculty of foreign students
Plan of practical classes

1. Normal physiology of digestion in different age periods.
2. Carbohydrate metabolism.
3. Metabolism of fats.
4. Protein metabolism.
5. Micronutrients.
6. The balance of energy in the body. Energy value of food.
7. Diet, age-related aspects. Features of nutrition during pregnancy and lactation.
8. Obesity. Dietary correction of excess body weight.
9. Malnutrition and cachexia.
10. Peculiarities of nutrition in immunodeficiency states.
11. Enteropathies and food allergies.
12. Nutrition in diseases of the gastrointestinal tract.
13. Nutrition in diseases of the respiratory system.
14. Nutrition in diseases of the cardiovascular system.
15. Nutrition in kidney diseases.
16. Nutrition in endocrine diseases.
17. Health effects of certain foods (salt, sugar, alcohol, coffee, chocolate).
18. Restrictive diets: vegetarianism, veganism and microbotic diets.

- 1. Vitamins – the benefits and harms.**
- 2. Diseases associated with deficiency of minerals in the body.**
- 3. Features of nutrition of persons engaged in mental and physical labor.**
- 4. The most absurd diets.**
- 5. Milk: reality and myths.**
- 6. Red and white wine, traditions of use, benefit and harm.**
- 7. Nutrition of children in organized groups. What would you save and change?**
- 8. Food quality and its impact on public health.**
- 9. What do we know about water?**
- 10. Chocolate in the human diet.**
- 11. Vegetarianism: pros and cons.**
- 12. Radionuclides in food, impact on human health.**
- 13. Psychological aspects of human nutrition.**
- 14. Diseases associated with nutrition.**
- 15. Nutrition during pregnancy and breastfeeding.**
- 16. Food traditions in different countries**

