Order number: 6

Attachment No. 3		**Subject program of the second cycle of studies**			
1.	Title of the teaching subject	Special diet			
2.	Code	FE1M13			
3.	Study program	Food Engineering-Innovation, Sustainability and Technologies			
4.	Organizer of the study program (unit, i.e. institute, department, department)	TMF			
5.	Degree (first, second, third cycle)	Second			
6.	Academic year / semester	Year		semester	
7	Course load expressed in ECTS credits				
8.	Teacher (in the case of multiple teachers designated responsible teacher)	Dr. Irina Mladenoska, professor			
9.	Language of instruction	English			
10.	Necessary prerequisites for listening and passing the subject				
11.	Objectives of the subject program (competencies) and learning outcomes:				
12.	Detailed course content by chapter and unit with learning outcomes for each chapter	Nutrition for a population with different age structure and needs. Food enriched with folic acid, iron, vitamin C, calcium, dietary fiber. Food as prevention of anemia. Safe food. Minimally processed food. Value-fortified food. Nutrition for children of preschool and school age. Balanced food. Minimally processed fruits and vegetables. Fruit juices. Gluten-free food. Food allergies. Nutrition of adolescents. The role of adolescent nutrition in preventing the development of atherosclerosis, osteoporosis and diabetes. Overnutrition and undernutrition. Impact of malnutrition on the immune system. Food with a low glycemic index. Food rich in dietary fiber. Slow and fast food. Nutrition for athletes, high protein food. Supplements to athletes' nutrition (creatine, glutamine, L-carnitine). Balanced food. Meat products with enriched nutritional value. Nutrition for the elderly. Dietary supplements (coenzyme Q, lecithin, phytochemicals). Aging and nutritional needs. Food enriched with vitamins and minerals. Foods rich in unsaturated fatty acids. Food enriched with immunostimulants. Antioxidants in food. Vegetarian food. Functional food. Organic food.			
13	Interrelationship of subjects				
14.	Detailed description of teaching and working methods for the subject				
15.	Total available fund on time				
16.	Forms of teaching activities	16.1.	Lectures - theoretical teaching. hours		
		16.2.	Exercises (laboratory, classroom), seminars, teamwork: lessons		
		16.3.	Practice: classes		
	Other forms of activities	17.1.	Project assignments: lessons		

17.		17.2.	Independent assignments: lessons		
		17.3.	Home study - assignments		
18.	Conditions of signature				
19.	Method of assessment				
	19.1.	Tests: points			
	19.2.	Seminar work/project, written and oral presentation: points			
	19.3.	Final exam: points			
20.	Evaluation criteria (points/grade)		up to 50 points	5 (five) (F)	
			51 x to 60 points	6 (six) (E)	
			61 x to 70 points	7 (seven) (D)	
			from 71 to 80 points	8 (eight) (C)	
			from 81 to 90 points	9 (nine) (B)	
			from 91 to 100 points	10 (ten) (A)	
21.	A method of monitoring the quality of teaching				
22.	Literature				
	22.1.	Required reading			
		Ord. number	Author	Title	Publisher	Year
		1.	CJK Henry, C. Chapman	The nutrition handbook for food processors	Woodhead publishing limited, Abington Hall, Abington England	2002
		2.	Yanyun Zhao	Specialty foods, processing technology, quality and safety	CRC Press	2019
		3.				
	22.2.	Additional literature				
		Ord. number	Author	Title	Publisher	Year
		1.				
		2.				
		3.				