

UČNI NAČRT PREDMETA / COURSE SYLLABUS	
Predmet:	Prehrana in prehranska vzgoja
Course title:	Nutrition and nutrition education

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Vsi študijski programi, 1. stopnja	Vse smeri	1, 2, 3, 4	Zimski ali letni
All study programmes, 1 st cycle	All fields	1 st , 2 nd , 3 rd , 4 th	Winter or spring

Vrsta predmeta / Course type

splošni (D) izbirni predmet /
general (D) elective subject

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
15		15			120	5

Nosilec predmeta / Lecturer:

Stojan Kostanjevec

Jeziki /

Languages:

Predavanja /

Lectures:

Vaje / Tutorial:

Slovenski/angleški

Slovene/English

Slovenski/angleški

Slovene/English

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

- znanje angleščine na stopnji B2.
- uspešno opravljen seminar.

Prerequisites:

- English B2.
- Successful completion of the seminar.

Vsebina:

1. Prehrana in prehranjevanje
2. Sestava in kakovost živil
3. Hranilna in energijska vrednost živil
4. Priporočila in smernice zdravega načina prehranjevanja
5. Dejavniki tveganja nezdravega načina prehranjevanja
6. Analiza in načrtovanje prehrane
7. Biološki, psihološki in sociološki vidiki prehranjevanja
8. Promocija zdravega načina prehranjevanja in prehransko izobraževanje

Content (Syllabus outline):

1. Diet and nutrition
2. The composition and quality of food
3. Nutritional and energy value of foods
4. Recommendations and guidelines for a healthy diet
5. Risk factors of an unhealthy diet
6. Nutrition analysis and planning
7. Biological, psychological and sociological aspects of nutrition
8. Promotion of healthy eating habits and nutritional education

Temeljni literatura in viri / Readings:

- Bendich, A., Deckelbaum, R. (2010) *Preventive nutrition: The comprehensive guide for health professionals, 4th ed.* Totowa, New Jersey: Humana Press.
- Conner, M., Christopher, J. (2002). *The Social Psychology of Food.* Buckingham: Open University Press.
- Garrow, J., James, W., Ralph, A. (2000). *Human Nutrition and Dietetics.* Edinburgh: Churchill Livingstone.
- Holli, B., O'Sullivan Maillet, J., Beto, J., Calabrese, R. (2009). *Communication and education skills for dietetics professionals: 5th ed.* Philadelphia: Lippincott Williams & Wilkins.
- Vavilov, V., Christian, E. (2008). *Essentials of food science: 3th ed.* New York: Springer.
- Whitney, E., Cataldo, C., Rolfes, S. (2002) *Understanding normal and clinical nutrition: 6th ed.* Belmont: Wadsworth.

Cilji in kompetence:**Splošne kompetence:**

- občutljivost/odprtost za ljudi in socialne situacije,
- poznavanje in razumevanje razvojnih zakonitosti, razlik in potreb posameznika.
- razumevanje individualnih vrednot in vrednotnih sistemov, obvladovanje profesionalno-etičnih vprašanj.
- interdisciplinarno povezovanje vsebin.
- poznavanje, razumevanje in uporaba pojmov stroke in njihovih povezav in teorij.
- fleksibilna uporaba znanja v praksi.

Objectives and competences:**General competences:**

- Sensitivity / openness to people and social situations,
- Knowledge and understanding of developmental principles, differences and needs of an individual.
- Understanding of individual values and value systems, management of professional and ethical issues.
- Interdisciplinary integration of content.
- Knowledge, understanding and application of concepts of the field of science and their links, and of theories.
- Flexible use of knowledge in practice

Specifične kompetence:

- poznavanje in razumevanje prehrane ljudi v povezavi z zdravjem.
- poznavanje bioloških, psiholoških in socioloških dejavnikov, ki vplivajo na prehrano ljudi.
- poznavanje osnovnih načel zdravega načina prehranjevanja.
- poznavanje oblik in metod promocije zdravega načina prehranjevanja in prehranskega izobraževanja.

Specific competences:

- Knowledge and understanding of human nutrition in relation to health.
- Knowledge of the biological, psychological and sociological factors that influence human consumption.
- Knowledge of the basic principles of healthy eating habits.
- Knowledge of forms and methods of promoting healthy eating habits and nutrition education.

Predvideni študijski rezultati:

Znanje in razumevanje

Študent:

- pozna sestavo in kakovost živil;
- pozna in razume osnove fiziologije prehrane;
- pozna in razume priporočila zdravega načina prehranjevanja ter dejavnike tveganja nezdravega prehranjevanja;
- pozna in razume psihološke, sociološke, zgodovinske in kulturne vidike prehranjevanja;
- pozna metode in oblike promocije zdravega načina prehranjevanja in prehranskega izobraževanja.

Uporaba

Študent:

- zna ovrednotiti energijsko in hranilno vrednost živil in jedi;
- zna analizirati in načrtovati prehrano za zdravo osebo;
- zna izbrati in izvajati ustrezne metode prehranskega izobraževanja.

Refleksija

Študent:

- vrednoti in analizira uspešnost svojega dela.

Prenosljive spretnosti

Študent:

- smiselno in kritično izbira in uporablja strokovno literaturo in druge vire;

Intended learning outcomes:

Knowledge and understanding:

The student:

- Knows the composition and quality of food.
- Understands the basic physiology of nutrition.
- Knows and understands the recommendations of a healthy diet and the risk factors of unhealthy eating habits.
- Knows and understands the psychological, sociological, historical, and cultural aspects of eating habits.
- Knows the methods and forms of promotion of healthy eating habits and nutrition education.

Application:

The student:

- Is able to evaluate the energy and nutritional value of foods and dishes.
- Is able to analyze and plan the diet for a healthy person.
- Is able to select and implement appropriate methods for nutrition education.

Reflection:

The student:

- Evaluates and analyzes the work performance.

Transferable skills:

The student:

- Rationally and critically selects and uses

- prenaša usvojeno znanje na druge skupine oseb, ki so vključene v izobraževalni proces.

professional literature and other sources.
- Transfers the acquired knowledge to other groups of people who are involved in the educational process.

Metode poučevanja in učenja:

Predavanja, delo v skupinah (sodelovalno učenje), samostojno delo, izkustveno učenje, konzultacije, pisna poročila, samostojni študij strokovne literature, uporaba IKT.

Learning and teaching methods:

Lectures, team work (participatory learning), individual work, experiential learning, consultations, written reports, literature self-study, the use of ICT.

Načini ocenjevanja:

-pisni izpit (80 % ocene),
-seminar (20 % ocene).

Ocenjevalna lestvica (skladno s Statutom UL in fakultetnimi pravili): 1-5 nezadostno, zadostno 6, dobro 7, prav dobro 8, prav dobro 9 in odlično 10.

Delež (v %) /
Weight (in %)

80 %
20 %

Assessment:

- Written exam 80% of grade;
- Seminar 20% of grade.

Assessment scale (in line with the Statute of the University of Ljubljana and the faculty's examination rules): 1- 5 (negative), 6 (satisfactory), 7 (good), 8, 9 (very good) and 10 (excellent).

Reference nosilca / Lecturer's references:

Doc. dr. Stojan Kostanjevec / dr. Stojan Kostanjevec, assistant professor

1. Kostanjevec, S. (2013) *Prehransko znanje in prehranjevalne navade otrok*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 132 str.
2. Kostanjevec, S., Polak, A., Koch, V. (2007) Razumevanje modela prehranske piramide. V: DEVETAK, Iztok (ur.). *Elementi vizualizacije pri pouku naravoslovja*. Ljubljana: Pedagoška fakulteta, str. 177-195.
3. Koch, V., Kostanjevec, S. (2009) Pogostost uživanja živil. V: GABRIJELČIČ BLENKUŠ, Mojca (ur.). *Prehrambene navade odraslih prebivalcev Slovenije z vidika varovanja zdravja*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, str. 61-85.
4. Torkar, G., Gražl, M., Kostanjevec, S., Polak, A., Koch, V. (2009) Odpor do živil med slovenskimi osnovnošolci. *Acta agric. Slov.*, 94, 2, 87-93.
5. Kostanjevec, S., Jerman, J., Koch, V. (2011) The effects of nutrition education on 6th graders knowledge of nutrition in nine-year primary schools in Slovenia. *Eurasia*, 7, 4, 243-252.
6. Kostanjevec, S., Jerman, J., Koch, V. (2012) The influence of nutrition education on the food consumption and nutrition attitude of school children in Slovenia. *US-China education review. A.*,

2, 11, 953-964.

7. Kostanjevec, S., Jerman, J., Koch, V. (2013) Nutrition knowledge in relation to the eating behaviour and attitudes of Slovenian schoolchildren. *Nutrition and Food Science*, 43, 6, 564-572.