

DISCIPLINE DESCRIPTION

1. Program data

1.1 Higher education institution	UNIVERSITY OF ORADEA
1.2 Faculty	Environment protection
1.3 Department	Animal science and Agroturism
1.4 Field of study	Engineering and Management
1.5 Study cycle	BACHELOR
1.6 Study Program / Qualification	Engineering and Management in Public Food and Agrotourism / Engineer

2. Discipline data

2.1 Name of the discipline	HUMAN NUTRITION I						
2.2 Course holder	Prof. dr. Mierlita Daniel						
2.3 Seminar / laboratory / project owner	Prof. dr. Mierlita Daniel						
2.4 Year of study	II	2.5 Semester	III	2.6 Type of evaluation	E	2.7 The discipline regime	I

(I) Imposed; (O) Optional; (F) Facultative

3. Estimated total time (hours per semester of didactic activities)

3.1 Number of hours per week	4	of which: 3.2 course	2	3.3 seminar/laboratory/project	2
3.4 Total hours of the curriculum	56	of which: 3.5 course	28	3.6 seminar / laboratory / project	28
Distribution of Time Fund					
Study after manual, course support, bibliography and notes					20
Additional documentation in the library, on the specialized electronic platforms and on the field					8
Training seminars / laboratories, themes, papers, portfolios and essays					16
Tutorial					4
Examinations					8
Other activities.....					
3.7 Total hours of individual study	56				
3.9 Total hours per semester	112				
3.10 Number of credits	5				

4. Preconditions (where applicable)

4.1 curriculum	
4.2 skills	

5. Conditions (where applicable)

5.1. of course	The lecture room with laptop and videoprojector.
5.2. seminar / laboratory / project	Laboratory room equipped with the equipment necessary to determine the nutrient content and appreciation of the food quality; computers, Internet connection, specialized software.

6. Specific skills accumulated

Professional skills	<p>C1 Carrying out calculations, demonstrations and applications to solve engineering and management tasks based on the knowledge of the fundamental and engineering sciences.</p> <p>C4 Information Systems Management: software applications - operation and customization, based on domain-specific indicators.</p> <p>C5 Management of production / service units in public catering and agro-tourism and marketing strategies and policies in the field.</p>
Transversal skills	<p>CT3</p> <p>Identifying opportunities for continuous training and effective use of information resources and communication resources and assisted training resources (Internet portals, specialized software applications, databases, on-line courses, etc.) both in Romanian, as well as in an international language.</p>

7. Objectives of the discipline

7.1 The general objective of the discipline	<p>To communicate to students the concepts, notions and experimental data on:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nutrients in food and their nutritional importance, <input type="checkbox"/> digestive use and nutritional value of food, in the context of proper nutrition; <input type="checkbox"/> the role of different food groups in ensuring the health of the population.
7.2 Specific objectives	<ul style="list-style-type: none"> <input type="checkbox"/> Knowledge of the anatomical-physiological and biochemical bases of nutrition; <input type="checkbox"/> Knowing the role and sources of nutrient assurance in the rational nutrition of healthy man; <input type="checkbox"/> Understanding the importance of food balance; <input type="checkbox"/> Improvement of the mechanisms of control of the voluntary consumption of food and food behavior; <input type="checkbox"/> Know the nutritional characteristics of the main food groups (milk and dairy products, eggs) and how to use them in the food ration.

8. Contents *

8.1 Cours	teaching methods	Nr. Hours / Observations
The place and role of nutrition and rational nutrition in developing and maintaining health.	Lecture, explanation, conversation and dialogue with students heuristics	2
Anatomo-physiological bases of human nutrition.	Lecture, explanation, conversation and dialogue with students heuristics	2

Biochemical bases of human nutrition.	Lecture, explanation, conversation and dialogue with students heuristics	2
Nutrient content of foods and their biological value. Their nutritional importance: Proteins. Carbohydrates. Lipids. Vitamins. Biologically active substances. Mineral elements.	Lecture, explanation, conversation and dialogue with students heuristics	10
Food digestibility: characterization of different food groups in terms of digestibility.	Lecture, explanation, conversation and dialogue with students heuristics	2
Factors that influence the digestibility of food and food rations. The apparent and real digestibility.	Lecture, explanation, conversation and dialogue with students heuristics	2
Assessing the nutritional value of foods based on their energy content. - the scheme of energy transformations in the body; - assessing the nutritional value of foods based on their energy content (gross, digestible, metabolisable and net).	Lecture, explanation, conversation and dialogue with students heuristics	2
Food ration: definition and quality conditions.	Lecture, explanation, conversation and dialogue with students heuristics	1
Energy Density of food and food ratios.	Lecture, explanation, conversation and dialogue with students heuristics	1
Food Behavior; factors of influence.	Lecture, explanation, conversation and dialogue with students heuristics	1
Energy and Nutrition Requirements for Maintaining Vital Functions.	Lecture, explanation, conversation and dialogue with students heuristics	1
Energy and nutritional requirements for growth and development.	Lecture, explanation, conversation and dialogue with students heuristics	1
Energy and nutrition requirements for different forms of activity.	Lecture, explanation, conversation and dialogue with students heuristics	1
References		
<ol style="list-style-type: none"> 1. Garban Z. (2000) – Nutriție umana; Vol. I. Probleme fundamentale. Ed. Didactica si Pedagogica, R.A.; Bucuresti. 2. Mincu I. (1982) – Notiuni elementare de alimentatie rationala. Ed. Medicala, Bucuresti. 		

3. Mierlita D. (2011) – Nutritie umana – Suport de curs (material didactic). 4. Mincu I. (1993) – Impactul om – aliment. Ed. Medicala, Bucuresti. 5. Mincu I. Si col. (1989) – Orientari actuale in nutritie. Ed. Medicala, Bucuresti. 6. Cernaianu L. (2001) – Alimentatie si sanatate pentru copilul tau (3 – 15 ani). Ed. Bic All, Bucuresti. 7. Radulescu E. (2005) – Alimentatie inteligenta. Ed. Viata si Sanatate, Bucuresti. 8. Robinson, S.D. (1987) - Food Biochemistry and Nutritional Value, Longman Scientific and Technical. 9. Olinescu R.M., (2000) – Totul despre alimentatia sanatoasa. Ed. Niculescu, Bucuresti.		
8.2 Seminar	teaching methods	Nr. Hours / Observations
8.3 Laboratory		
Definition, classification and qualitative assessment of food.	lecture, explanation, dialogue with students, individual and team activities.	2
Gross chemical analysis of foods. - Determination of water, dry matter, crude protein, crude fat, dietary fiber and unassolved extracts (SEN) (Scheme Weendean).	lecture, explanation, dialogue with students, individual and team activities.	10
Evaluation of the Quality of Food Proteins (V.B., .P.U., P.E.R., chemical index, E.A.A.-index, PDCAAS)	lecture, explanation, dialogue with students, individual and team activities.	4
Calculating the nutritional value expressed in different units of measurement. - calculation of digestibility coefficients; - calculation of total digestible, metabolisable and net energy.	lecture, explanation, dialogue with students, individual and team activities.	4
The caloric density of food.	lecture, explanation, dialogue with students, individual and team activities.	2
Principles of rational nutrition: food norm and food ration.	lecture, explanation, dialogue with students, individual and team	2
Methods of determining the nutritional requirements in relation to the age, sex, shape and intensity of the performed activities, the physiological state.	lecture, explanation, dialogue with students, individual and team	4
8.4 Project		
References: Costin, G.M. si Segal, R. (editori), 1999, Alimente funcționale. Alimentele si sanatatea, Ed. Academica, Galați Dumitrescu, C., 1987, Bazele practicii alimentatiei dietetice profilactice si curative, Ed. Medicala, Bucuresti Mincu , I. s.a., 1989, Orientări actuale în nutriție, Ed. Medicală, București Mogos, V.T., 1997 si 1998, Alimentatia in bolile de nutritie si metabolism, Vol. 1 si 2, Ed. Didactica si Pedagogica, Bucuresti Segal, R., 2006, Biochimia produselor alimentare, Ed. Academica, Galati		

Segal, R. s.a., 1982, Valoarea nutritivă a produselor agroalimentare, Ed. Ceres
 Segal, R., 2002, Principiile nutriției, Ed. Academica, Galați.

9. Corroborating the contents of the discipline with the expectations of epistemic community representatives, professional associations and representative employers in the field of the program

Thematic content of the Human Nutrition discipline is consistent with that of other university centers in the country and abroad. It is elaborated in collaboration with representative public-sector employers (restaurants, canteens), where students practice, facilitating the graduate graduation.

10. evaluation

Tip activitate	10.1 Evaluation criterias	10.2 Metode de evaluare	10.3 Weight of the final grade
10.4 Cours	correctness and completeness of knowledge; - logical coherence; - degree of assimilation of specialized terms - interest in individual study.	continuous evaluation (student's free exposure, oral conversation and questioning, active student participation in courses) summative assessment (final written assessment during the exam session)	20% 40%
10.5 Seminar			
10.6 Laboratory	- the ability to work with assimilated knowledge; - the capacity to operate with the data and the results obtained in the laboratory; - interest in individual study.	continuous assessment (current written papers, individual papers, active participation of the student in laboratory activities) Summative assessment (final written assessment during the exam session).	25% 15%
10.7 Project			
10.8. Minimum performance standard: Very good knowledge of one subject out of two; the score given for the periodical checks during the semester should be at least 5; marking "very good" at least ½ of the papers (homeworks) handed over during the year; attending at least 80% of the teaching activities.			

Date of completion

Signature of course holder

Signature of holder
seminar/laboratory/project
Prof. dr. ing. Mierlita D.

01. 10. 2022

Prof. dr. ing. Mierlita D.
(dadi.mierlita@yahoo.com)

Date of approval in the department

Signature of Department Director
Lecturer dr. ing. Monica Dodu

.....

Sign Decan
Conf. Dr. Ing. Cristina Maerescu