

Biotechnical Faculty / FOOD SAFETY / KNOWLEDGE AND NUTRITIONAL VALUE OF FOOD

Course:	KNOWLEDGE AND NUTRITIONAL VALUE OF FOOD			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
12391	Mandatory	1	6	2+2+0
Programs	FOOD SAFETY			
Prerequisites	No prerequisites			
Aims	Course aims: teaching this course aims for students to learn basic science of food, connection between tourism and food, culture food, national cuisine, macro- nutrients, macro-nutrients etc.			
Learning outcomes	After passing the exam, the student is expected to: define the basic components of food. It distinguishes the specificities of the composition of certain food groups. Critically evaluates the quality of food products in terms of their nutritional value and nutritional composition. Recognizes the importance of food health safety for its marketing, and values the importance of food and nutrition. Recognizes the importance of organic food in overall food production. Applies acquired knowledge in various social/professional situations related to food production, marketing and promotion. He continues to independently develop the acquired knowledge.			
Lecturer / Teaching assistant	Vesna Vujacic, Associate Professor			
Methodology	Lectures, learning and self- development of coursework, consultation.			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	Introductory lecture. Instructions for attending the lectures. Introducing students to the program, aim and tasks.			
I week exercises	Introductory lecture. Instructions for attending the lectures. Introducing students to the program, aim and tasks.			
II week lectures	History of food culture, Cindi program-food pyramid.			
II week exercises	Revival of materials (previous lectures), interactive conversation with students.			
III week lectures	Food products, basic terms. Legal acts of Montenegro regarding health food safety. ISO standard 22000, brands from Montenegro with the mark of the HACCP standard. HACCP standard and its importance. "Good from Montenegro" brand.			
III week exercises	Revival of materials (previous lectures), interactive conversation with students.			
IV week lectures	Food composition, dissociation (separation of food), energy value of food, calories, AD; DRA; RDI (nutrient dose).			
IV week exercises	Revival of materials (previous lectures), interactive conversation with students.			
V week lectures	Macronutrients: proteins, amino acids, a role of the proteins.			
V week exercises	Revival of materials (previous lectures), interactive conversation with students.			
VI week lectures	Macronutrients: carbohydrates-structure, distribution and role of carbohydrates. Macronutrients: lipids-structure, classification, role of lipids.			
VI week exercises	Revival of materials (previous lectures), interactive conversation with students.			
VII week lectures	Macronutrients: lipids-structure, classification, role of lipids. Micronutrients: vitamins, vitamin division, liposoluble vitamins, vitamins hydrosolubilmi, the role of vitamins.			
VII week exercises	Revival of materials (previous lectures), interactive conversation with students.			
VIII week lectures	Test.			
VIII week exercises	Revival of materials (previous lectures), interactive conversation with students.			
IX week lectures	Micronutrients: vitamins, division of vitamins, liposoluble vitamins, hydrosoluble vitamins, role of vitamins.			
IX week exercises	Revival of materials (previous lectures), interactive conversation with students.			
X week lectures	Micronutrients: Minerals, division of minerals, microelements, macroelements, role of minerals in the body, free radicals and antioxidants.			
X week exercises	Revival of materials (previous lectures), interactive conversation with students.			
XI week lectures	Food, sharing. Foods of animal origin and nutritional value.			

XI week exercises	Revival of materials (previous lectures), interactive conversation with students.					
XII week lectures	Remedial test 1. Seminar papers.					
XII week exercises	Seminar papers					
XIII week lectures	Foods of plant origin. Wine, pairing wine and food and nutritional value. F					
XIII week exercises	Revival of materials (previous lectures), interactive conversation with students.					
XIV week lectures	Food from organic production - role and importance.					
XIV week exercises	Revival of materials (previous lectures), interactive conversation with students. Seminar papers.					
XV week lectures	Food additives. Codex Alimentarius.					
XV week exercises	Revival of materials (previous lectures), interactive conversation with students. Seminar papers.					
Student workload	Weekly The calculation of workload: $6 \times 40/30 = 8$ h and 0 min Structure: Lectures: 2h Exercises: 2 Independent work and consultation : 4 h in semester Lectures and final exam: 8h and 0 min $\times 16 = 128$ h and 0 min Necessary preparations: 8h and 0 min $\times 2 = 16$ h and 0 min Total workload for the course: $5 \times 30 = 180$ h Additional work: 36 h 0 min Workload structure: 128h and 0 min (lectures)+ 16h and 0 min(preparation)+ 36h (add.work)					
Per week			Per semester			
6 credits $\times 40/30=8$ hours and 0 minuts 2 sat(a) theoretical classes 0 sat(a) practical classes 2 excercises 4 hour(s) i 0 minuts of independent work, including consultations			Classes and final exam: 8 hour(s) i 0 minuts $\times 16 = 128$ hour(s) i 0 minuts Necessary preparation before the beginning of the semester (administration, registration, certification): 8 hour(s) i 0 minuts $\times 2 = 16$ hour(s) i 0 minuts Total workload for the subject: 6 $\times$ 30=180 hour(s) Additional work for exam preparation in the preparing exam period, including taking the remedial exam from 0 to 30 hours (remaining time from the first two items to the total load for the item) 36 hour(s) i 0 minuts Workload structure: 128 hour(s) i 0 minuts (cources), 16 hour(s) i 0 minuts (preparation), 36 hour(s) i 0 minuts (additional work)			
Student obligations			Student responsibilities: Students are required to attend classes, be prepared for the same, be active during classes to take tests and homework.			
Consultations			After the lecture.			
Literature			Vesna Vujačić, Poznavanje namirnica, UCG, FTH Kotor, UCG, 2001, ISBN978-86-908213-4-1 COBBISS.CG-ID 17514512			
Examination methods			Forms of testing knowledge and method of evaluation: attendance 5 points, test 40 points, seminars students 5 points. Final exam 50 points. A (≥ 90 - 100 points); B (≥ 80 do < 89); C (≥ 70 do < 79); D (≥ 60 do < 69); E (≥ 50 do < 59) F < od 50.			
Special remarks			Does not have			
Comment			Does not have			
Grade:	F	E	D	C	B	A
Number of points	less than 50 points	greater than or equal to 50 points and less than 60 points	greater than or equal to 60 points and less than 70 points	greater than or equal to 70 points and less than 80 points	greater than or equal to 80 points and less than 90 points	greater than or equal to 90 points