

Nutrition and Health (Ist Year of study, IInd Semester)

Credit value (ECTS) 3

Course category
Optional Courses

Course holder:
PhD Prof. Daniel SIMEANU

Discipline objectives (course and practical works)

In the course and practical work, the discipline, according to the Analytical Program, has a first objective cognitive acquisition on the physiological principles of rational nutrition. It also aims to acquire information on digestion and absorption of food, energy needs of the body and not Lastly, information related to metabolism. Another goal is to know the nutritional characteristics of the main food groups.

Contents (syllabus)

Course (chapters/subchapters)
1. Physiological principles of rational nutrition
2. Digestion and absorption of food
3. Food transformations during digestion. The body's energy needs
4. Intermediate metabolism: -Protein metabolism. -Lipid metabolism. -Vitamin metabolism
5. Energy metabolism
6. Hydromineral metabolism
7. Nutritional characteristics of the main food groups: Milk and dairy products.
8. Nutritional characteristics of the main food groups: Fish and fish derivatives
9. Nutritional characteristics of the main food groups: Meat and meat products.
10. Technological steps that affect nutrients in food.

Practicum
1. Composition of the food ration
2. Analysis of the structure of the food ration.
3. Determining the nutritional value of food products
4. Analysis of the influence of technological processing on the nutritional value of food products.

References

1. Dumitrescu, C., 1987, Bazele practicii alimentatiei dietetice profilactice si curative, Ed. Medicala Bucuresti
2. Dumitrescu, C., 1991, Citoprotectia si alimentatia, Ed. Medicala, Bucuresti
3. Graur, M., 2004, Obezitatea, Ed. Junimea, Iasi
4. Mincu , I. s.a., 1989, Orientări actuale în nutriție, Ed. Medicală, București
5. Mogos, V.T., 1997 si 1998, Alimentatia in bolile de nutritie si metabolism, Vol. 1 si 2, Ed. Didactica si Pedagogica, Bucuresti
6. Robinson, S.D., 1987, Food Biochemistry and Nutritional Value, Longman Scientific and Technical
7. Segal, R., 2006, Biochimia produselor alimentare, Ed. Academica, Galati
8. Segal, R. s.a., 1982, Valoarea nutritivă a produselor agroalimentare, Ed. Ceres
9. Segal, B., ș.a., 1987, Metode moderne privind îmbogățirea valorii nutritive a produselor alimentare, Ed.Ceres
10. Segal, B. si Balint, C., 1982, Procedee de imbunatatire a calitatii si stabilitatii produselor alimentare, Ed. Tehnica, Bucuresti
11. Segal, R., 2002, Principiile nutriției, Ed. Academica, Galați Southgate, D. s.a. (editori), 2000, Nutrient Availability: Chemical and Biological Aspects, Royal Society of Chemistry.

Evaluation

Evaluation form	Evaluation Methods	Percentage of the final grade
Colloquy	Oral evaluation	70%
Periodic verification tests	Partial verification tests	30%

Contact

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