



MEDICINE AND SOCIETY
SIXTH YEAR OF STUDIES

Academic year 2023/2024.

DIETARY PRODUCTS AND FOOD SUPPLEMENTATION

Course:

DIETARY PRODUCTS AND FOOD SUPPLEMENTATION

The course carries **3 ECTS**. There are 3 classes of active teaching per week (2 classes of lectures and 1 class of practice in a small group).

TEACHERS AND TEACHING ASSOCIATES:

| No. | Name and surname | E-mail | Title |
|-----|-------------------------|--------------------------------|---------------------|
| 1. | Prof. Dr Nela Đonović | ndjonovic@fmn.kg.ac.rs | Full Professor |
| 2. | Doc. Dr Marija Sekulić | msekulic82@gmail.com | Assistant Professor |
| 3. | Doc. Dr Dalibor Stajić | stajicdalibor@yahoo.com | Assistant Professor |
| 4. | Doc. Dr Dušan Tomović | dusantomovic@fmn.kg.ac.rs | Assistant Professor |
| 5. | Dr Nikoleta Janićijević | nikoleta.janicijevic@gmail.com | Teaching Associate |

COURSE STRUCTURE:

| Module | Module name | Week | Weekly lectures | Weekly practices | Teacher-head of the module |
|--------|---------------------|------|-----------------|------------------|----------------------------|
| 1 | Dietary prophylaxis | 8 | 2 | 1 | Prof. Dr Nela Đonović |
| 2 | Dietary therapy | 7 | 2 | 1 | Prof. Dr Nela Đonović |
| | | | | | $\Sigma 30+15=45$ |

GRADING:

A student masters the course in accordance with the given modules. The grade is equivalent to the number of earned points.

The points are earned in the following ways:

ACTIVITY DURING THE CLASS: In this way, the student can earn up to 30 points, by answering 2 questions from the current week of class in the practices class, and in accordance with the demonstrated knowledge, can earn a total of 0 - 2 points.

SEMINARY ESSAY: In this way, the student can earn up to 30 points.

FINAL EXAM: Final exam is in written form and a maximal number of points that can be earned is 40.

CONSULTATIVE TEACHING: Consultations are held every week on Fridays from 12:00 to 2:00 p.m. and can be scheduled with the head of the course, prof. dr. Nela Đonović (ndjonovic@fmn.kg.ac.rs).

The final grade is formed in the following way:

In order to pass the course, the student must obtain a minimum of 51 points.

To pass the module the student must:

1. Obtain more than 50% of the points in that module for the activity in the class in each module,
2. Acquire more than 50% of the points for the seminary essay,
3. Pass the final written exam, i.e. have more than 50% correct answers.

| Points acquired: | Grade: |
|-------------------------|---------------|
| 0 - 50 | 5 |
| 51 - 60 | 6 |
| 61 - 70 | 7 |
| 71 - 80 | 8 |
| 81 - 90 | 9 |
| 91 - 100 | 10 |

FINAL EXAM

TEST
0-40 POINTS

FINAL TEST - GRADING
Test contains 40 questions.
Each question is worth 1 point.

LITERATURE:

| Module: | Book title: | Authors: | Publisher: | Library: |
|---------------------|---|--|--|----------|
| Dietary prophylaxis | Oxford handbook of nutrition and dietetics. Advanced Nutrition and Dietetics Nutrition & Diet Therapy, 10th Edition Human nutrition, A health perspective, second edition Codex Alimentarius | Gandy W. J Lomer A. Ruth A. Roth, MS, RD Mary E Barasi WHO; UN Food and agriculture organization | Oxford: Oxford University Press; 2020 John Wiley & Sons; 2014 Delmar, Cengage Learning; Clifton Park, NY 2011 Hodder Education Publishers; 2nd edition, London, 2023 | |
| Dietary therapy | Oxford handbook of nutrition and dietetics. Advanced Nutrition and Dietetics Nutrition & Diet Therapy, 10th Edition Human nutrition, A health perspective, second edition Codex Alimentarius Advanced Nutrition and Dietetics in Gastroenterology | Gandy W. J Lomer A. Ruth A. Roth, MS, RD Mary E Barasi WHO; UN Food and agriculture organization Editor Miranda Lomer | Oxford: Oxford University Press; 2020 John Wiley & Sons; 2014 Delmar, Cengage Learning; Clifton Park, NY 2011 Hodder Education Publishers; 2nd edition, London, 2023 John Wiley & Sons; 2014 | |

All lectures are on the website of the Faculty of Medical Sciences: www.medf.kg.ac.rs

COURSE CONTENT:

THE FIRST MODULE: DIETARY PROPHYLAXIS

TEACHING UNIT 1 (FIRST WEEK):

| Lectures (2 classes) | Practice (1 class) |
|--|--|
| NUTRITION IN DISEASE PREVENTION. DIETARY SUPPLEMENTATION, INTRODUCTION | NUTRITION IN DISEASE PREVENTION. DIETARY SUPPLEMENTATION, INTRODUCTION |

TEACHING UNIT 2 (SECOND WEEK):

| Lectures (2 classes) | Practice (1 class) |
|----------------------|---------------------|
| FOOD AND NUTRITION. | FOOD AND NUTRITION. |

TEACHING UNIT 3 (THIRD WEEK):

| Lectures (2 classes) | Practice (1 class) |
|----------------------|--------------------|
| PROPER NUTRITION. | PROPER NUTRITION. |

TEACHING UNIT 4 (FOURTH WEEK):

| Lectures (2 classes) | Practice (1 class) |
|----------------------|--------------------|
| DIETARY PRODUCTS. | DIETARY PRODUCTS. |

TEACHING UNIT 5 (FIFTH WEEK):

| Lectures (2 classes) | Practice (1 class) |
|------------------------|------------------------|
| DIETARY SUPPLEMENTS 1. | DIETARY SUPPLEMENTS 1. |

TEACHING UNIT 6 (SIXTH WEEK):

| Lectures (2 classes) | Practice (1 class) |
|------------------------|------------------------|
| DIETARY SUPPLEMENTS 2. | DIETARY SUPPLEMENTS 2. |

TEACHING UNIT 7 (SEVENTH WEEK):

| | |
|------------------------|------------------------|
| Lectures (2 classes) | Practice (1 class) |
| DIETARY SUPPLEMENTS 3. | DIETARY SUPPLEMENTS 3. |

TEACHING UNIT 8 (EIGHTH WEEK):

| | |
|------------------------|------------------------|
| Lectures (2 classes) | Practice (1 class) |
| DIETARY SUPPLEMENTS 4. | DIETARY SUPPLEMENTS 4. |

THE SECOND MODULE – DIETARY THERAPY

TEACHING UNIT 9 (NINTH WEEK):

| | |
|---|---|
| Lectures (2 classes) | Practice (1 class) |
| HEALTH SAFETY OF FOOD AND DIETARY PRODUCTS. | HEALTH SAFETY OF FOOD AND DIETARY PRODUCTS. |

TEACHING UNIT 10 (TENTH WEEK):

| | |
|--|--|
| Lectures (2 classes) | Practice (1 class) |
| NUTRITION AND SUPPLEMENTATION PLANNING FOR THE PRIMARY PREVENTION OF OBESITY AND EATING DISORDERS. | NUTRITION AND SUPPLEMENTATION PLANNING FOR THE PRIMARY PREVENTION OF OBESITY AND EATING DISORDERS. |

TEACHING UNIT 11 (ELEVENTH WEEK):

| | |
|---|---|
| Lectures (2 classes) | Practice (1 class) |
| DIETARY THERAPY-NUTRITIONAL PLANNING AND SUPPLEMENTATION FOR CARDIOVASCULAR DISEASES. | DIETARY THERAPY-NUTRITIONAL PLANNING AND SUPPLEMENTATION FOR CARDIOVASCULAR DISEASES. |

TEACHING UNIT 12 (TWELFTH WEEK):

| | |
|--|--|
| Lectures (2 classes) | Practice (1 class) |
| DIETARY THERAPY-NUTRITIONAL PLANNING AND SUPPLEMENTATION FOR MALIGNANT DISEASES. | DIETARY THERAPY-NUTRITIONAL PLANNING AND SUPPLEMENTATION FOR MALIGNANT DISEASES. |

TEACHING UNIT 13 (THIRTEENTH WEEK):

| Lectures (2 classes) | Practice (1 class) |
|---|---|
| DIETARY THERAPY-NUTRITIONAL PLANNING AND SUPPLEMENTATION FOR METABOLIC DISORDERS. | DIETARY THERAPY-NUTRITIONAL PLANNING AND SUPPLEMENTATION FOR METABOLIC DISORDERS. |

TEACHING UNIT 14 (FOURTEENTH WEEK):

| Lectures (2 classes) | Practice (1 class) |
|--|--|
| DIETARY THERAPY-NUTRITIONAL PLANNING AND SUPPLEMENTATION FOR ENDOCRINE DISEASES. | DIETARY THERAPY-NUTRITIONAL PLANNING AND SUPPLEMENTATION FOR ENDOCRINE DISEASES. |

TEACHING UNIT 15 (FIFTEENTH WEEK):

| Lectures (2 classes) | Practice (1 class) |
|---|--|
| DIETARY THERAPY-NUTRITIONAL PLANNING AND SUPPLEMENTATION FOR MALIGNANT DISEASES OF THE GASTROINTESTINAL TRACT | DIETARY THERAPY-NUTRITIONAL PLANNING AND SUPPLEMENTATION FOR MALIGNANT DISEASES OF THE GASTROINTESTINAL TRACT. |

WEEKLY COURSE SCHEDULE

| COURSE | MONDAY |
|---|---|
| DIETARY PRODUCTS AND FOOD SUPPLEMENTATION (2+1) | LECTURES & PRACTICE 10:45-13:00 (H45) |

LECTURES AND PRACTICAL CLASSES SCHEDULE

| Module | Week | Type of class | Lesson name | Teacher |
|--------|------|---------------|--|---|
| 1 | 1 | L | Nutrition in disease prevention. Dietary supplementation, introduction | Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dalibor Stajić |
| 1 | 1 | P | Nutrition in disease prevention. Dietary supplementation, introduction | Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dalibor Stajić Dr Nikoleta Janićijević |
| 1 | 2 | L | Food and nutrition. | Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dalibor Stajić |
| 1 | 2 | P | Food and nutrition. | Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dalibor Stajić Dr Nikoleta Janićijević |
| 1 | 3 | L | Proper nutrition. | Prof. Dr Nela Đonović Doc. Dr Dalibor Stajić Doc. Dr Marija Sekulić |
| 1 | 3 | P | Proper nutrition. | Prof. Dr Nela Đonović Doc. Dr Dalibor Stajić Doc. Dr Marija Sekulić Dr Nikoleta Janićijević |
| 1 | 4 | L | Dietary products. | Doc. Dr Marija Sekulić Prof. Dr Nela Đonović Doc. Dr Dalibor Stajić Doc. Dr Dušan Tomović |
| 1 | 4 | P | Dietary products. | Doc. Dr Marija Sekulić Prof. Dr Nela Đonović Doc. Dr Dalibor Stajić Doc. Dr Dušan Tomović Dr Nikoleta Janićijević |
| 1 | 5 | L | Dietary supplements 1. | Doc. Dr Dalibor Stajić Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dušan Tomović |

LECTURES AND PRACTICAL CLASSES SCHEDULE

| Module | Week | Type of class | Lesson name | Teacher |
|--------|------|---------------|------------------------|---|
| 1 | 5 | P | Dietary supplements 1. | Doc. Dr Dalibor Stajić Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dušan Tomović Dr Nikoleta Janićijević |
| 1 | 6 | L | Dietary supplements 2. | Doc. Dr Marija Sekulić Prof. Dr Nela Đonović Doc. Dr Dalibor Stajić Doc. Dr Dušan Tomović |
| 1 | 6 | P | Dietary supplements 2. | Doc. Dr Marija Sekulić Prof. Dr Nela Đonović Doc. Dr Dalibor Stajić Doc. Dr Dušan Tomović Dr Nikoleta Janićijević |
| 1 | 7 | L | Dietary supplements 3. | Doc. Dr Dušan Tomović Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dalibor Stajić |
| 1 | 7 | P | Dietary supplements 3. | Doc. Dr Dušan Tomović Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dalibor Stajić Dr Nikoleta Janićijević |
| 1 | 8 | L | Dietary supplements 4. | Doc. Dr Dušan Tomović Doc. Dr Dalibor Stajić Prof. Dr Nela Đonović Doc. Dr Marija Sekulić |
| 1 | 8 | P | Dietary supplements 4. | Doc. Dr Dušan Tomović Doc. Dr Dalibor Stajić Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Dr Nikoleta Janićijević |

LECTURES AND PRACTICAL CLASSES SCHEDULE

| Module | Week | Type of class | Lesson name | Teacher |
|--------|------|---------------|---|---|
| 1 | 9 | L | Health safety of food and dietary products. | Doc. Dr Dušan Tomović Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dalibor Stajić |
| 1 | 9 | P | Health safety of food and dietary products. | Doc. Dr Dušan Tomović Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dalibor Stajić Dr Nikoleta Janićijević |
| 2 | 10 | L | Nutrition and supplementation planning for the primary prevention of <u>obesity</u> and <u>eating disorders</u> . | Doc. Dr Dalibor Stajić Prof. Dr Nela Đonović Doc. Dr Marija Sekulić |
| 2 | 10 | P | Nutrition and supplementation planning for the primary prevention of <u>obesity</u> and <u>eating disorders</u> . | Doc. Dr Dalibor Stajić Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Dr Nikoleta Janićijević |
| 2 | 11 | L | Dietary therapy-nutritional planning and supplementation for <u>cardiovascular diseases</u> . | Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dalibor Stajić |
| 2 | 11 | P | Dietary therapy-nutritional planning and supplementation for <u>cardiovascular diseases</u> . | Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dalibor Stajić Dr Nikoleta Janićijević |
| 2 | 12 | L | Dietary therapy-nutritional planning and supplementation for <u>malignant diseases</u> . | Doc. Dr Dalibor Stajić Prof. Dr Nela Đonović Doc. Dr Marija Sekulić |
| 2 | 12 | P | Dietary therapy-nutritional planning and supplementation for <u>malignant diseases</u> . | Doc. Dr Dalibor Stajić Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Dr Nikoleta Janićijević |
| 2 | 13 | L | Dietary therapy-nutritional planning and supplementation for <u>metabolic disorders</u> . | Doc. Dr Dalibor Stajić Prof. Dr Nela Đonović Doc. Dr Marija Sekulić |

LECTURES AND PRACTICAL CLASSES SCHEDULE

| Module | Week | Type of class | Lesson name | Teacher |
|--------|------|---------------|--|--|
| 2 | 13 | P | Dietary therapy-nutritional planning and supplementation for <u>metabolic disorders</u> . | Doc. Dr Dalibor Stajić Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Dr Nikoleta Janićijević |
| 2 | 14 | L | Dietary therapy-nutritional planning and supplementation for <u>endocrine diseases</u> . | Doc. Dr Marija Sekulić Prof. Dr Nela Đonović Doc. Dr Dalibor Stajić |
| 2 | 14 | P | Dietary therapy-nutritional planning and supplementation for <u>endocrine diseases</u> . | Prof. Dr Nela Đonović Doc. Dr Marija Sekulić Doc. Dr Dalibor Stajić Dr Nikoleta Janićijević |
| 2 | 15 | L | Dietary therapy-nutritional planning and supplementation for <u>diseases of the gastrointestinal tract</u> . | Doc. Dr Marija Sekulić Prof. Dr Nela Đonović Doc. Dr Dalibor Stajić |
| 2 | 15 | P | Dietary therapy-nutritional planning and supplementation for <u>diseases of the gastrointestinal tract</u> . | Doc. Dr Marija Sekulić Prof. Dr Nela Đonović Doc. Dr Dalibor Stajić Dr Nikoleta Janićijević |
| | | E | EXAM (JUNE TERM) | |